

RANGERS SEASON PREVIEW

{page 23}

metro®


 Max 56°
Min 36°

 NEW YORK
Monday, January 14, 2013

19K
Cases of the flu in New York state this season ...

4K
... Compared to the total last season

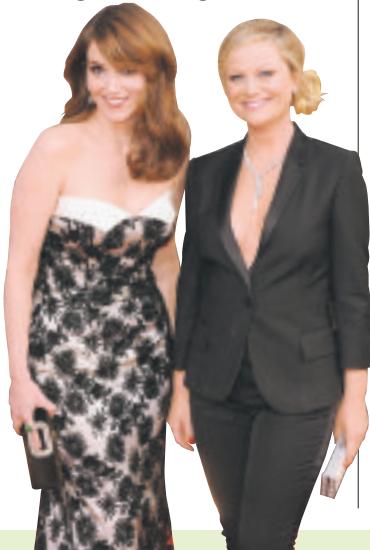
Flu epidemic rages as vaccine dwindles

► Gov. Andrew Cuomo declares a public health emergency ► Some pharmacies are running out of the vaccine ► City officials are calling for residents to get vaccinated ► It's the worst flu outbreak in years {page 02}

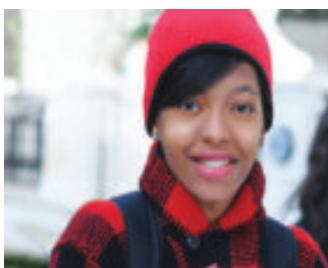
Golden Globes

Poehler and Fey right on the snark

► No one in Hollywood was off limits as the hostesses brought the laughs {page 13}

**Underground. 'No Pants Subway Ride'**

► A subway rider strikes a cheeky pose as part of the 12th annual "No Pants Subway Ride." {page 05}



College with a personal touch

Trying to choose the right career path? Our counselors and faculty will work with you from Day One to find your educational route to success!

NYSCAS

New York School of Career and Applied Studies
a division of TOURO COLLEGE

Touro College is an equal opportunity institution

212.463.0400 x5500 718.265.6534 x1003

Manhattan Brooklyn Queens

INFORMATION SESSIONS:

Manhattan: Wednesdays, 12 noon-5 pm

27-33 West 23rd Street, Admissions Office

Brooklyn: Wednesdays, 11 am-7 pm

1870 Stillwell Avenue, Admissions Office

www.touro.edu/nyscas



GET YOUR DEGREE ON THE WEEKENDS

Advanced Paralegal Studies
Business Management
Massage Therapy

Medical Assisting
Nurse Aide Training (CNA)

CALL TODAY!
(866) 918-0944
mildred-elley.edu

GI Bill Approved
International Students Welcome
Accredited Member, ACIS

25 Broadway, Floor 16
New York City, NY

MILDRED ELLEY
Career training for today's world.
For program details and disclosures visit mildred-elley.edu/disclosures

1

In the news
School bus strike threat continues

Deputy Mayor Howard Wolfson tweeted that parents should anticipate a school bus strike this week as a result of the city's battle with the union over a request for bids on yellow bus contracts. Schools Chancellor Dennis Walcott announced that the city will deploy additional transit officers and crossing guards to manage the influx of students taking public transit or walking.

© METRO/DT

In the news



Jet Blue planes turn back after striking birds

A JetBlue flight to the Bahamas was forced to turn around Sunday after striking a bird. The plane took off from JFK around 10 a.m., but returned to the airport an hour later, a spokeswoman confirmed. Just one day earlier, a bird strike similarly forced a JetBlue flight from JFK to the Dominican Republic to turn around.

© METRO/JG

Flu outbreak hammers NY

► Governor Cuomo declares public health emergency ► Executive order allows pharmacists to give flu shots to more people ► Some pharmacies are running out of the vaccine ► City officials warn people to prepare for a 'high' flu activity

New Yorkers scrambled to get flu shots this weekend after Governor Andrew Cuomo declared a public health emergency to combat the rising number of influenza cases in the state.

Gov. Cuomo declared the state of emergency on Saturday, allowing pharmacists permission to administer flu vaccinations to stem the worst flu outbreak in the state in years.

"We are experiencing the worst flu season since at least 2009, and influenza activity in New York state is widespread, with cases reported in all 57 counties and all five boroughs of New York City," Cuomo said.

Some pharmacies even ran out of flu vaccines, frustrating stressed New Yorkers who lined up for them around the five boroughs.

Ten people have died so far this year of flu-related illnesses, according to the city's Health Department.

The Centers for Disease Control and Prevention released data last week reporting that New York City specifically has experienced higher than average flu activity.

The Health Department has classified January flu activity as "high." They reported 40 outbreaks and more than 400 people sick. Twenty outbreaks were at long-term care facilities, as were the deaths, a Department spokesman said.



► A woman walks out of the Premier Care walk-in health clinic that administers flu shots in New York City.

SPENCER PLATT/GETTY IMAGES

Get a vaccine

- Vaccines are available at local drugstores, most doctor's offices and Health Department immunization clinics, Farley said.
- Call 311 to find out specific locations.

Quoted

"That's when the pushing to grab the forms started and the panic."

NEW YORKER ERIKA BELLE SAID PEOPLE WERE PUSHING AND SHOVING WHEN SHE TRIED TO GET A SHOT IN MIDTOWN. THEY WERE TOLD ONLY 20 VACCINES REMAINED.

19K

The New York Governor's office said 19,128 cases of influenza have been reported this season, compared with 4,404 tests for the 2011-12 period.

5.7M

Walgreens, which owns Duane Reade, said they have already given more flu shots nationwide than all of last season — 5.7 million shots so far, and it's only increasing.

woman said.

Health Department data shows flu-related emergency room visits spiking in late December and remaining high until Jan. 5, the most recent data available.

Last week, Health Commissioner Thomas Farley urged New Yorkers who hadn't already to get their shots.

"Influenza activity in

New York City is increasing, and we encourage any New Yorkers who have not received their flu vaccination to do so immediately," he said.

"This season is becoming one of the worst in the decade," spokesman Calvin Peters said about the city.

Alison Bowen
alison.bowen@metro.us

In the news

Post-Sandy housing program extended

The Transitional Sheltering Assistance program instituted after superstorm Sandy was extended for 14 days following Federal Emergency Management Agency approval of a request by Governor Andrew Cuomo. The program places families



► A Staten Island homeowner surveys the damage after his house was destroyed by superstorm Sandy.

who cannot return to their homes due to the storm in hotels while longer-term housing solutions are worked out. FEMA will call applicants eligible for the extension to notify them of the new checkout date of Jan. 27. © METRO/DT

MetroNorth service now fully restored

The MetroNorth system is fully restored for the first time since superstorm

Running out of vaccines

A pharmacist at a Duane Reade on 34th and Third said Friday they were still stocked with flu shots, but added, "I can't say for how long."

Shanay Barrow, a pharmacy technician at the CVS on 34th between Second and Third avenues, said they ran out of vaccines Thursday and were not expecting a shipment for days.

"It's been overwhelming," she said of customers coming in "one after another." "Everyone's freaking out."

Last year, she added, they may have given out four or five shots a day. "These days, it's like 40-some each day."

Quoted

"It's been overwhelming. Everyone's freaking out."

BARROW

10

Reported flu deaths in NYC so far

Sandy, as all scheduled trains are operational on the Pascack Valley and Port Jervis lines after incremental restorations since October. NJTransit restored two trains on the Port Jervis line and five on the Pascack Valley, two weekday inbound and three weekday outbound. Some Port Jervis lines will continue to make stops in New Jersey to support NJTransit's continuing post-storm recovery at 5 a.m. and 2 p.m. peak hours. © METRO/DT

The Knee Pain Relief Center of N.Y.

at General 1 Medical P.C.

"NYC's #1 Choice for Non-Surgical Osteo-Arthritis Knee Pain Relief."



According to the American Academy of Orthopaedic Surgeons (AAOS), there are about 270,000 knee replacement operations performed each year in the United States. This image depicts the procedure.

Want to avoid knee surgery?

Our program could be the solution you are looking for.

Do your knees hurt when going up or down the stairs?

Do you frequently take medication for knee pain?

Have you tried physical therapy?

Do the activities you enjoy cause pain in your knees?

Have you had cortisone or other injections to the knee that have not worked?

Do your knees make you feel older than you really are?

Are you afraid that your knee pain is only going to get worse?

If you answered YES to any of these questions, keep reading...

[1] Reference - Epidural steroid injections procedures. Medscape reference retrieved July 26th 2011. [2] Results may vary. Prior results cannot guarantee future outcomes. Copyright © 2012 NY Wellness Solutions, Inc.



**Our solution...
Our office uses Hyalgan®**

What exactly is injected into the knee?

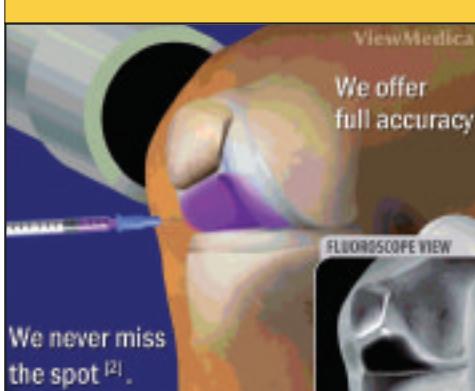
Hyaluronic acid (Hyalgan®) is a natural substance extracted from rooster combs and purified to mimic the lubricating substances that occur naturally in the joint, called synovial fluid. In patients with osteoarthritis, synovial fluid "dries up", allowing the cartilage of the joint to rub against itself and other surfaces. This causes pain, inflammation, and usually damage to the joint. Think of this treatment like oiling a rigid, squeaky door hinge.

When will I feel results?

Most feel an immediate reduction in pain and can return to normal activities in weeks.

Will my insurance cover this treatment?

Yes, most insurances will cover this treatment*. We work with Medicare: GHI PPO



Affordable payment plans available to fit all budgets. Call our office for free insurance benefits verification.

Unfortunately, we do not participate with Medicaid, Workers Comp, no-fault insurance, Emblem PPO, HIP, EPO or HMO plans.

* Coinsurance and deductible apply.

212-679-6490

To view videos about our procedures visit:
Kneesofny.com

Accessible by: 1 2 3 4 5 6 A C E J Z

130 William St., Ste. 903, btw Fulton & John St. - NYC 10038

In the news**Council convenes hearing on mishandling of rape evidence**

City Council Speaker Christine Quinn announced the Council will convene an emergency hearing about

the possible mishandling of hundreds of city rape cases.

The announcement came after a report in The New York Times on Friday indicated that more than 800 cases might have been wrongly handled in the Medical Examiner's office.

At the Jan. 22 hearing, "No question will remain

800 Cases under review

unanswered," Quinn vowed.

Councilman Peter Vallone added, "Without the crucial evidence provided by this lab, sexual predators will be free to attack again. This is a very serious matter." ● METRO/AB

Man stabbed, burned to death

A 56-year-old Bronx man was pronounced dead early

Saturday after being found with stab wounds and burns to the body, according to the New York Police Department.

Police found the victim, Gregory Evans, at 6 a.m. upon responding to a fire at his apartment in Fordham Heights.

Later that day, Leo Huggins, 48, was arrested and charged with murder, burglary and arson, according to police. ● METRO/JG

Brooklyn Web activist kills himself amid charges

Aaron Swartz, 26, an Internet activist who created an early version of the Web feed system RSS and news sharing system Reddit, was found dead in his Brooklyn apartment on Friday, according to a spokeswoman for the city's chief medical examiner, which ruled the death a suicide by hanging.

Swartz faced trouble in July 2011, when he was indicted by a federal grand jury of wire fraud, computer fraud and other charges related to allegedly stealing millions of academic articles and journals from a digital archive at the Massachusetts Institute of Technology.

According to the federal indictment, Swartz used MIT's computer networks to steal more than 4 million articles from JSTOR, an online archive and journal distribution service.

Net icon

Over the years, Swartz became an online icon for helping to make a mountain of information freely available to the public, including an estimated 19 million pages of federal court documents from the PACER case-law system.

Swartz, who pleaded not guilty, faced 35 years in prison if convicted. His trial was scheduled to start later this year. ● REUTERS



Lifeguards Wanted

Take the Lifeguard Qualifying Test and make a splash by becoming a NYC Parks Lifeguard!

Call 311* or visit www.nyc.gov. Men and women ages 16 and up. Paid training if hired. Full-time seasonal work at City beaches and pools. Minimum starting salary approx. \$13.50/hour.

*Outside NYC call (212) NEW-YORK. NYC Parks is an Equal Opportunity Employer.

Storm. Protest

► Participants march in the "Walk a Mile in Our Shoes" campaign for Superstorm Sandy victims.

LEE CELANO/GETTY IMAGES

Help for superstorm victims

Rockaway residents took to the streets over the weekend as part of the "Walk a Mile in Our Shoes" march for Superstorm Sandy victims on Jan. 12 in the Rockaway neighborhood. The march was organized to bring attention to the faltering recovery in an area badly affected by the hurricane, and to urge Congress to pass an aid bill scheduled for Jan. 15.

● METRO

In the news**Overnight service at B, D subway stations suspended**

BRONX. The MTA's FASTRACK repairs program is being extended past the Central Business District and Downtown Brooklyn for the first time.

The Grand Concourse B, D lines in the Bronx will be shut down overnight from 10 p.m. to 5 a.m. for four consecutive weeknights starting today. The MTA recommends the 4 train as an alternative and says night

B prepared

B, D lines in the Bronx Grand Concourse will shut down.

- ▶ 10 a.m. to 5 a.m.
- Service will disrupted until Friday



closures can add 20 minutes to travel time.

A transfer is available between the 4 and the D at 161st Street. Free shuttle buses will run between the Horwood 205th Street D station and Mosholu Parkway 4 station.

● METRO/DT

Man found dead in Brooklyn

BROOKLYN. Police responded to a 911 call on Saturday at 7:44 p.m. to find a man unconscious and unresponsive in front of 3418 Atlantic Avenue in Brooklyn. The man was taken to Jamaica Hospital, where he was pronounced dead on arrival. No arrests have been made, and the Medical Examiner has yet to identify the cause of death. ● METRO/DT

High Bridge park to be restored

Mayor Michael Bloomberg broke ground on the \$61 million High Bridge park restoration spanning the Harlem River, connecting Highbridge in the Bronx with Washington Heights in Manhattan. The project is intended to make the park more accessible while still preserving the history of the oldest bridge in New York City. It will reopen the bridge to pedestrians for the first time since 1970.

● METRO/DT

Storm commission releases report

The NYS2100 Commission appointed by Governor Cuomo after superstorm Sandy has submitted a report to strengthen the state against future natural disasters. Suggestions include investing in "green" solutions and appointing a Chief Risk Officer to coordinate state agencies.

● METRO/DT

No pants? No problem

MILES DIXON/METRO

Stripping to their skivvies for No Pants ride

The 12th annual No Pants Subway Ride took place yesterday when hundreds of New Yorkers shuck down to their skivvies and rode the rails throughout the city. The event is the brainchild of Improv Everywhere, a group that pulls pranks in public areas. ● METRO



Get \$25 off of ANY \$250 purchase!

Bring this coupon to
your IKEA store to get
\$25 off a purchase of
\$250 or more—hurry in,
this offer won't last long!

Coupon valid until February 19, 2013. Limit one per person, per transaction, per day. Home furnishings purchase amount must be \$250 before tax. Coupon must be given to cashier at checkout. No photocopies of this coupon accepted. No cash value. One discount per customer. Not valid on previous purchases. Offer valid only at IKEA Brooklyn, IKEA Elizabeth, IKEA Long Island, and IKEA Paramus. Offer not valid at IKEA Home Shopping.

ME

cut along dotted line

Take back your home in 2013 with great savings!

- IKEA Brooklyn • IKEA New Haven
- IKEA Elizabeth • IKEA Paramus
- IKEA Long Island

Save up to
20%
on a kitchen

SPEND \$3500
or more
SAVE 10%
SPEND \$4500
or more
SAVE 20%



Whether it's soft-close drawers and cabinets or granite countertops, now you can get the features you want at a price you can afford! Plus, take advantage of our convenient services, from measuring to installation and more!



Kitchen offer valid January 19 - February 19, 2013, only at IKEA Brooklyn, IKEA Elizabeth, IKEA Long Island, IKEA New Haven and IKEA Paramus. Must be a member of IKEA FAMILY to be eligible for kitchen offer. Includes free-standing kitchens, AKURUM cabinets, fronts, cover panels, moldings, drawers, hinges, countertops, knobs and handles, appliances, sinks, faucets, RATIONELL interior organizers and FASTBO wall panels.

Not all products available at IKEA Home Shopping. We apologize for, but will not be bound by or responsible for, any errors in our advertisements. See IKEA store for country of origin information.

© Inter IKEA Systems B.V. 2013. Printed in USA.

Discover a spellbinding novel and help smash a world record!

Hosted by
The Daily Show's
John Hodgman



Meet Brad Meltzer and help break the Guinness World Record for "Most Secret Decoder Rings Worn In One Place"

Tuesday, January 15 @7pm
Barnes & Noble, Union Square
33 E 17th St
(Discussion and Signing)



"Fast-paced with a double-whiplash bombshell conclusion."

—Kirkus Reviews

Available in hardcover, audio, large print, and e-book formats

BradMeltzer.com

@bradmeltzer

GRAND CENTRAL PUBLISHING
HACHETTE BOOK GROUP

Markets hopeful DC has learned its debt ceiling lesson

CHIP SOMODEVILLA/GETTY IMAGES



► Investors to Congress: Don't drop the ball this time.

There's an index for that

Meanwhile, the CBOE Volatility Index, Wall Street's preferred anxiety gauge that is known as the VIX, ended Friday just a few hundredths of a point from its lowest closing level since 2007.

Quoted

"We played this game of chicken before, and we all know how that played out and we don't want to repeat that. The market knows this. Investors know it's not going to be like 2011."

JACK DE GAN, CHIEF INVESTMENT OFFICER, HARBOR ADVISORY

The U.S. government is expected to bump up against its legal borrowing limit by March, and it would be hard to fault investors for feeling edgy.

The last fight over the debt ceiling led to one of the most volatile weeks in stock market history, costing the United States its top credit rating and pushing the government to the brink of default.

But this time around, markets are calm, with the benchmark S&P 500 barely budging on Friday after notching a five-year closing high on Thursday. Some investors seem to be

betting that Congress learned its lesson from the bruising debt ceiling fight of 2011 and will choose compromise over market meltdown.

Lawmakers remain far apart in their views. Republicans want the

White House to agree to deep spending cuts in exchange for raising the \$16.4 trillion borrowing limit. However, some conservatives are warning against playing hardball with the debt ceiling.

REUTERS

States flirt with big tax changes

Hopes for overhauling the federal tax system are fading in Washington, but in some state capitals, tax reform experiments — some far-reaching — are fast taking shape. REUTERS

► Across the U.S. South and

Midwest, Republicans have consolidated control of state legislatures and governorships, giving them the power to test long-debated tax ideas.

► Louisiana Republican Gov. Bobby Jindal called for ending the state's income tax and corporate taxes, with sales taxes instead.

► A similar plan is being

pushed by Republicans in North Carolina. Kansas, which cut its income tax significantly last year, may trim further. Oklahoma, which tried to cut income taxes last year, is expected to try again.

► Cutting income taxes and shifting the overall burden to consumption via higher sales taxes is a long-standing goal of some tax theorists.

News in brief

Armstrong to admit to doping

Lance Armstrong will admit to doping during his cycling career in a television interview with Oprah Winfrey, USA Today reports, citing an unidentified person with knowledge of the situation.

The interview will be taped today at Armstrong's



its website. Armstrong, 41, plans to say he used performance-enhancing drugs without giving any detail on specific cases and events, USA Today said, citing the person.

Armstrong was banned from competing for life and stripped of his seven Tour de France victories after declining to take the case to arbitration.

BLOOMBERG



We Create Smiles

Samer Chahine DMD, CAGS

Cosmetics and Implants Dentistry • 1 West 34th St., Suite 402,
New York, NY 10001 • 212.268.0600 • Most insurance accepted

VISIT BBLDOC.COM

To See Our Amazing Before and After Pictures of Brazilian Butt Lifts.

For your comfort and safety all procedures at our facilities are performed "awake" under local anesthesia. Accredited surgical facility & hospital available if needed.

- Botox® • Juvederm®
- Restylane • Radiesse

- HAIR TRANSPLANT
- JUVEDERM
- PEELS
- MICRODERMABRASION
- RESTYLANE
- ACNE & SCAR (LASER)
- BLEPHAROPLASTY (EYE-TIGHTENING)
- NECK/JOWLS (SMARTLIP)
- RHINOPLASTY
- BOTOX
- BREAST (AUGMENTATION)
- FLANKS (SMARTLIP)
- ABS (SMARTLIP)
- TATTOO REMOVAL (LASER)
- LOVE HANDLES (SMARTLIP)
- BRAZILIAN BUTT LIFT
- LASER HAIR REMOVAL
- Vaginal Rejuvenation
- CELLULITE (ENDERMOLOGIE VELASHAPE)
- THIGHS (SMARTLIP)
- VARICOSE & SPIDER VEIN (LASER)

We specialize in curves and buttocks enhancements

New York Laser Lipo

Surgical & Non-Surgical Cosmetic Enhancement for Men & Women

(212) 695-1999

1 West 34th St. • Ste. 402, NYC

(718) 745-7172

334 86th St. • BKLN, NY 11209

www.nybeautysurgeon.com • SE HABLA ESPANOL

Financing Options Available Insurance not accepted

90 mins. to NYC! – Most Trusted Poconos Builder! Come see why!

Why Rent?

Get the best home selections
in the Poconos

**PLUS – \$10,000 in free
upgrades if you act now!**

Our prices include **EVERYTHING!**
Including permitting, water and sewer, etc.



The Heritage \$283,500 Complete
\$12,500 down \$1,255* per mo. • 4 bedrooms • 2 1/2 baths
• Loft • Dining Rm • Living Rm • Huge Kitchen • 2 car Garage •
Central Air & Heat • Jetted Tub • Large Yard
• Landscaping • 3,392 Sq. Ft.



The Millburn \$194,500 Complete
\$6,808 down \$870* per mo. • 3 or 4 large bedrooms
• 2 1/2 baths • Living Rm • Dining Rm • Central Air & Heat
• Deck • Fireplace • Front Porch • Large Yard • 2,293 Sq. Ft.
Turn Key Ready



EZ COMMUTE EXPRESS
BUS SERVICE
• 90 MIN. TO NYC

Call Toll Free

1-800-276-4000

www.classicqualityhomes.com

Hours: Mon. thru Sat. 9am to 5pm

* Monthly payments based on FHA 30 yr. fixed interest rate of 3.75% with 4.252% APR. Payments include principal and interest only. Lower rates may apply to qualified buyers. All numbers are estimated.

No trillion-dollar coins; Obama fitness

Debt crisis


► So much for the \$1 trillion platinum coin idea.

Treasury, Fed kill idea of \$1 trillion platinum coins

WASHINGTON. The U.S. Treasury Department said it will not produce platinum coins as a way of generating \$1 trillion in revenue and avoiding a battle in Congress over raising the U.S. debt ceiling.

The idea of creating \$1 trillion by minting

platinum coins has gained some currency among Democrats in recent days as a way of side-stepping congressional Republicans who are threatening to reject a necessary increase in the debt ceiling unless deep spending cuts are made.

The Treasury Department and the Federal Reserve, both independent of one another, each concluded this was not a viable option.

REUTERS

Staying fit

Obama undergoes fitness exam

WASHINGTON. President Barack Obama had a little personal fitness boot camp at the Pentagon.

Obama participated in a fitness evaluation at a Pentagon clinic, part of the periodic medical examination that is coordinated by the president's doctor.

He was at the Fit to Win Clinic inside the Pentagon. The clinic's website says its objective is to enhance "military readiness and civilian wellness through fitness, nutrition, health education and positive lifestyle behavior changes." REUTERS



GETTY IMAGES

Bush getting better

Ex-President George HW Bush may leave hospital soon

AUSTIN, TEXAS. Former President George H.W. Bush, who has been hospitalized in Houston since November, may be released from the facility in the coming days, a family spokesman said yesterday.

"We are hopeful that the president can be discharged this coming week, but we're still taking everything one day at a time," spokesman Jim McGrath said in an e-mail. REUTERS

GETTY IMAGES

In Hagel's corner

Hagel 'superbly qualified' to head Defense, Powell says

WASHINGTON. Chuck Hagel, a Vietnam War veteran, is "superbly qualified" to run the Pentagon, former Secretary of State Colin Powell said in a television interview. Powell appeared on "Meet the Press" yesterday, rejecting criticism over a comment Hagel made about the "Jewish lobby" and a 2007 vote opposing the designation of Iran's Islamic Revolutionary Guards Corps as a terrorist group.

BLOOMBERG



GETTY IMAGES

Nothing to sneeze at

Flu cases are widespread in US, some states improve

WASHINGTON. Flu is widespread in 47 states and deaths from the virus and pneumonia are slightly above the epidemic level, though some regions may begin to see fewer cases, U.S. disease trackers said.

The Centers for Disease Control and Prevention reported 20 children died from the flu. The agency doesn't tally adult deaths until after the end of the season. Two children in New York have died from the flu. BLOOMBERG

47 The flu epidemic is now widespread in 47 states.

it's not
an impossible
resolution
if you join the
right gym.

Join today and **January is FREE!***



new york sports clubs®

MySportsClubs.com

**RATE-LOCK
GUARANTEE**
Your monthly dues will never increase.

*Requires a 1-year membership. Other restrictions apply.
Offer expires 1.20.13.

**GOLD AND
JEWELRY
LOANS**
**UP TO
\$100,000**



Six month loan
Low fees
Low interest rates

See us online at www.providentloan.com

All offices open Monday-Friday, 9am-4pm. Se Habla Espanol

Main NYC office: 346 Park Avenue South (at East 25th St.)
212.685.0380

NYC: 180 East 72nd St. - 212.288.0918

Bronx: 2573 Decatur Ave. (off Fordham Rd.) - 718.367.2850

Flushing: 136-48 39th Ave. - 718.358.9191

Brooklyn: 7804 5th Ave. - 718.238.0506

**THE
PROVIDENT
LOAN
SOCIETY
OF NEW YORK**

It's better than a pawn shop.
It's Provident Loan.

France bombs Islamist stronghold in north Mali

French fighter jets pounded an Islamist rebel stronghold deep in northern Mali yesterday as Paris poured more troops into the capital Bamako, awaiting a West African force to dislodge al Qaeda-linked insurgents from the country's north.

The attack on Gao, the largest city in the desert region controlled by the Islamist alliance, marked a decisive intensification on the third day of French air raids, striking at the heart of the vast territory seized by rebels in April.

France is determined to end Islamist domination of north Mali, which many fear could act as a base for attacks on the West and for links with al Qaeda in Yemen, Somalia and North Africa.

France's Defense Minister Jean-Yves Le Drian said French inter-



► Paris said that four state-of-the-art Rafale jets flew from France to strike rebel training camps, logistics depots and infrastructure in Gao with the aim of weakening the rebels and preventing them from returning southward.

vention on Friday had prevented the advancing rebels from seizing Bamako. He vowed that air strikes would continue.

"The president is totally determined that we must eradicate these terrorists who threaten the security of Mali, our own country and Europe," he told French television.

REUTERS



► French Defense Minister Jean-Yves Le Drian

GETTY IMAGES

'Operation Serval'

France has deployed about 550 soldiers to Mali under "Operation Serval," named after an African wildcat, split between Bamako and the town of Mopti, which is 300 miles north.

In the news

GETTY IMAGES



► Costa Concordia

Survivors mark anniversary of Concordia cruise shipwreck

GIGLIO ISLAND, ITALY.

Survivors of the Costa Concordia disaster and relatives of the 32 people who died returned to the Italian island of Giglio yesterday to mark one year since the luxury cruise liner capsized.

A boat ferried the visitors close to where the 950-foot-long ship hit rocks before keeling over on its side off the Tuscan island, where it still lies now.

They threw bunches of flowers in the sea and watched as a crane

lowered part of a rock that was removed from the hull and has been carved into a memorial and adorned with a plaque, into the water.

Their boat sounded its horn 32 times to salute the dead. REUTERS

Bomb kills 14 Pakistani soldiers in North Waziristan

MIRANSHAH, PAKISTAN. A roadside bomb killed as many as 14 Pakistani soldiers in the northern border region of North Waziristan yesterday, a day after the Pakistani Taliban leader called for attacks on military in the area to stop.

The explosion occurred on a road about 30 miles south of the provincial capital of Miranshah. Twenty-one soldiers were wounded in the attack, senior army officials said.

A spokesman for the Mujahideen Ansar, a group dominated by Uzbek fighters, claimed responsibility.

REUTERS

COMPLETE YOUR BACHELOR'S DEGREE *ONLINE* AT THE CUNY SCHOOL OF PROFESSIONAL STUDIES

An affordable, convenient way to finish your degree

Open to students with 24 or more college credits.

Offering majors in:

- Business
- Disability Studies
- Psychology
- Communication and Culture
- Health Information Management
- Sociology

ATTEND A WEBINAR

Tuesday, January 15th @ 12:30PM
Register: sps.cuny.edu/learnone

Wednesday, January 16th @ 6:30PM
Register: sps.cuny.edu/learntwo

CONTACT US:

212.652.CUNY
information@mail.cuny.edu



School of Professional Studies



What measures the best teacher? More than scores, study shows

Effective teachers can be identified by observing them at work, measuring their students' progress on standardized tests and asking students directly what goes on in the classroom, according to a comprehensive study released last week.

The three-year, \$50 million Measures of Effective Teaching study, funded by the Bill & Melinda Gates Foundation, found it was hard to predict how much

"This should be a very big red flag to all those policymakers who think they can have test-based accountability be half or more of a teacher's evaluation."

RANDI WEINGARTEN,
PRESIDENT OF THE AMERICAN FEDERATION OF TEACHERS

students would achieve in a school year based on their teacher's years of experience or knowledge of pedagogical technique.

But researchers found they could pick out the best teachers in a school and even predict roughly how much their students would learn by using a formula that equally weighed student input, test scores and detailed classroom observations.

Taken alone, each of

those measures was fairly volatile. Judging teachers by student performance on state tests, for instance, turned out to be unreliable and inconsistent. Judging teachers by a principal's observations also didn't identify who could be counted on to boost student proficiency on state math and reading tests.

Combining all three measures into a properly weighted index, however, produced a result "teachers can trust," says Vicki Phillips, a director in the education program at the Gates Foundation.

The study comes at a time of bitter political wrangling over teacher evaluations in cities like New York, Los Angeles and Chicago — and provides ammunition for all sides.



► Standardized tests don't tell the whole story, according to the Gates study.

Scores across the states

The Obama administration has pushed states to give heavy weight to quantitative measures such as test scores in designing

teacher evaluations. More than a dozen states have moved in that direction — in some cases making it impossible for a teacher to earn a good review if his or her test scores are low, no matter how well the

teacher performs on other measures. States including Florida, Louisiana, Colorado, Michigan and Ohio have been particularly aggressive in tying teacher ratings to test scores.

Education reformers who have been pressing to dismantle tenure systems protecting veteran teachers from layoffs could take heart in the finding that seniority doesn't predict classroom success.

Yet the report also bolstered union leaders who

argue that teacher evaluations shouldn't be tied so heavily to value-added measures — complex algorithms that gauge whether students do better or worse on state tests after several months in a given teacher's classroom.

REUTERS

Are foods making you **sick** or **fat?**
Find out with our one-of-a-kind blood test.

We think
it's time
SNORERS
had more
attractive
options.

Snorers, breathe a sigh of relief—we offer effective treatments beyond the mask.

At Eos Sleep there are no one-size-fits-all solutions. Our approach begins with an expert evaluation of your upper airway by a board certified ENT physician who will determine the cause of your problem. Then our coordinated team of specialists will make recommendations based on your particular diagnosis. Our wide range of options means you'll find the treatment, or combination of treatments that works for you and your bed partner. For many, it may be as simple as a 20-minute procedure.

Open your eyes to an entirely new approach to treating snoring and sleep apnea.

Eos Sleep is here.

eOs sleep®

For the treatment of snoring and sleep apnea

New York City • Long Island - 888-485-0466

EosSleep.com

weight problems
skin conditions
digestive disorders
migraines
chronic fatigue
ADHD
aching joints
arthritis
and many more

Take our unique blood test that can change your life.
Learn exactly which foods your body **cannot** tolerate or digest (this is a food sensitivity test, not an allergy test).

Program includes medically supervised meal planning, exercise, and nutritional guidance.

We work with:



Oxford PPO

Call us now at **212-679-6490**

www.general1medical.com

Looking at the business of higher education

Texas A&M professor Vicente Lechuga is a leading researcher of for-profit higher education in the U.S. In 2005, he conducted one of the first in-depth studies of these schools, interviewing more than 50

professors at for-profit institutions across the country. The study, "The Changing Landscape of the Academic Profession," was re-released by Routledge in December.

Do the research

► Before signing up for any program, do thorough research about job placement rates. "Often, for-profits have been able to skirt the issue of reporting their numbers," says Lechuga. "Although, that situation has gotten better over the last 10 years."

What did you find when you interviewed faculty at for-profit schools?

Their background was not typically in higher education. They usually came from the workforce, so the more hierarchical, for-profit model was something they were more comfortable with. I found a lot more top-down control at these schools. That's different in traditional institutions, where faculty have a lot of autonomy to



► Faculty at for-profit schools are more focused on real-world applications, says Lechuga.

DIGITAL VISION

determine how and what they teach.

Were their goals different?

A common motivator I found was a desire to provide students with real-world knowledge, not just the theoretical aspects of what they were teaching. **What do for-profit schools tend to do well?**

They're very innovative in the way they deliver education. They were the first to offer online courses. When they first started doing that, many in traditional higher education sort of looked down on that idea.

But now you'd be hard-pressed to find a traditional school without online courses.

What do they tend to do poorly?

There are major issues with for-profit graduation rates. There are, of course, many different types of these institutions. It's a broad spectrum, but overall it's problematic. Also, the loan default rates are much higher than at traditional institutions.

Bruce Walsh
bruce.walsh@metro.us



Conversation Classes • Native Teachers Day or Evening

GUARANTEE

Repeat the entire session **free of charge** if not fully satisfied. Visit :

www.FrenchLanguageSalon.com

Beginners • Intermediate • Advanced

FRENCH LANGUAGE SALON™

Cercle Franco Americain

888 Lexington Ave, at 66th Street

212.628.2700 ext. 12

THE WINDSOR SCHOOL

- Established in 1969 -

- Private Middle and High School
- Registered by NY State Education Department
- Accredited by Middle States Association

Moving To: 37-02 Main Street Flushing, NY 11354

135-22 37th Ave., Flushing, NY 11354

- More modern facilities • Outstanding and expanded faculty
- Wi-Fi and computers in every classroom
- Receive an academic foundation to prepare for the future

Special Classes:

- Saturday - SAT Prep Classes in Critical Reading, Writing, Math
- Saturday - SAT Subject Prep Classes in Biology, Chemistry, Physics, Math Level 1 and 2
- Saturday - PSAT Prep Classes in English and Math

ALL CLASSES TAUGHT BY EXPERIENCED HIGH SCHOOL TEACHERS.

Our mathematics team placed first in the NYML competition 2011-2012 (www.themathleague.com)

We have an outstanding college acceptance record.

High school diploma program for students who are in middle or high school (includes study in English as a Second Language).

Pre-University program for students who have completed high school. English as a second language program for beginner, intermediate or advanced students.

No previous knowledge of English is necessary.

PROGRAMS

- Grade 6-12 • AP Classes • ELS Classes
- Help with college selection and application,
- SAT and TOEFL Support



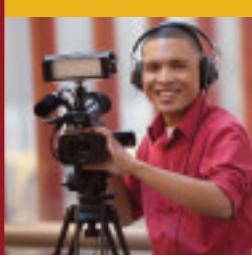
Our New Address

Please visit or call for more information

37-02 Main Street, Flushing, NY 11354, 135-22 37th Ave., Flushing, NY 11354

Phone: 718-359-8300, Fax: 718-359-1876 Website: www.windsorschool.com

Find out why we were named one of the
TOP 10 COMMUNITY COLLEGES IN THE NATION
by the Aspen Institute's College Excellence Program



- Over 50 programs of study
- Day, evening & weekend classes
- Free career advisement for students
- Payment plans offered
- Veteran services available

Classes begin February 26

Apply TODAY

VISIT US ONLINE:



Kingsborough Community College

APPLY IN PERSON: Village One-Stop Center (Room V-100)

INFO: www.kingsborough.edu • **PHONE:** 718-C-O-L-L-E-G-E



[kingsboroughCUNY](#)



Deadline to apply as a freshman or a transfer direct admit for the Spring semester is **3pm on January 31.*** You must apply in person.

* Must have original U.S.-issued high school diploma or GED.
Transfer students must have a GPA of 2.0 or higher.

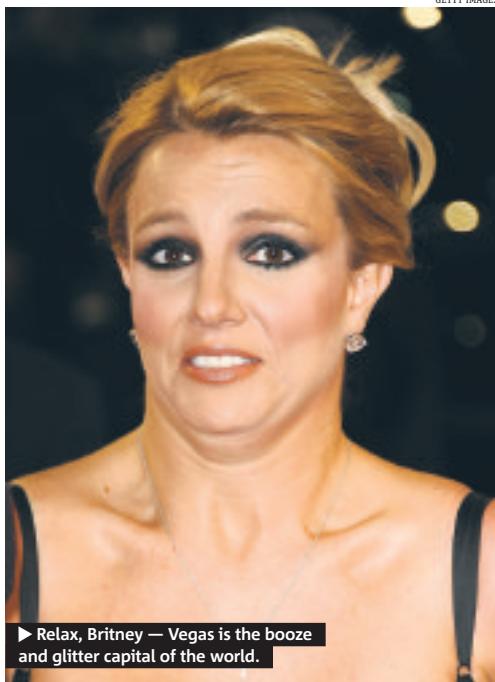
THE WORD

Monica Weymouth's take on the world of gossip [t @monicaatmetro](#) [✉ monica.weymouth@metro.us](mailto:monica.weymouth@metro.us)

— Dorothy Robinson will return on January 21.



Brace yourself for a Britstorm



► Relax, Britney — Vegas is the booze and glitter capital of the world.

Britney Spears is really on a makeover mission for the new year. After quitting "The X Factor" last week, she decided to further shake up her 2013 by ending things with fiance **Jason Trawick** over the weekend.

"Jason and I have decided to call off our engagement. I'll always adore him and we will remain great friends," Spears said in a statement that we assume was heavily edited.

Unfortunately, there's no head-shaving and car-smashing to speak of this time around. Sources tell TMZ that the reasons for the split are pretty normal by celebrity standards: Trawick was a little uneasy being an usher at the Britney Circus; the couple couldn't decide on having children; Britney Spears is Britney-effing-Spears.

So where do you go when you quit your job and your fiance in the same week? Vegas, baby. Brit's reportedly close to a deal with Caesar properties for a long-term gig. According to TMZ, the pay-

check will be "astronomical," topping **Celine Dion**'s \$100 million-per-year deal at Caesars.

How much do we want

to jump in a red convertible with Britney and drive across the desert right now?

So much.

Talking points

Wilde, Sudeikis making it official

Olivia Wilde and "Saturday Night Live" star **Jason Sudeikis** are officially engaged, a rep confirms to People magazine. "They are so excited," a source tells the magazine. "And very, very happy." Rumors of engagement plans last month were apparently just a bit premature, as Sudeikis reportedly popped the question shortly after the holidays. The pair began



► Too cute to fail: Wilde and Sudeikis

dating in November 2011, and Wilde has made no effort to hide her affections for Sudeikis, telling USA Today that she fell "blissfully, hopelessly, wildly in love" with him. "We hold

hands. I f—ing never hold hands."

Bryants work things out
L.A. Lakers star **Kobe**

Gaga vs. the Osbournes

Lady Gaga has picked herself quite the fight. In an open letter to **Kelly Osbourne** — who is a commenter on E! network's catty "Fashion Police" — Gaga whopped out the B-word, calling Osbourne a bully on her blog.

"To see you blossoming into a beautiful slender woman who makes fun of others for a living is astounding. Why not help others?" wondered Gaga in one of the more annoying pieces of prose on the Web.

Now **Sharon Osbourne** has come to her daughter's defense. "You say [Kelly's] work on E! with the Fashion Police is 'rooted in criticism, judgment, and

rating people's beauty against one another.' Welcome to the real world," the 60-year-old firecracker snapped on her Facebook page. "Example, when I saw you wear a dress made out of raw meat, I was sickened."

Listen, Gaga: Don't engage in an Internet fight with someone who has made a living being the craziest, scariest Osbourne. This woman's a survivor, and she totally wants your little dog, too.



You look pretty today, Sharon.

Count him as a reference

In a piece titled "Here Is What Happens When You Cast Lindsay Lohan in Your Movie," The New York Times called out **Lindsay Lohan** for being difficult on the set of "The Canyons." Now, **Grant Bowler**, her costar in "Liz &

Dick," is coming to her defense — kind of. "I never got yelled at," he tells E! Online. "To be completely fair to Lindsay, that did not happen. She didn't threaten me at all."

When you're Lindsay Lohan, "she didn't threaten me at all" is the equivalent of a solid LinkedIn recommendation.

Get ready to 'aw!' about Bradley Cooper

Bradley Cooper didn't have to worry too much about who to take to the Oscars now that he's up for Best Actor for his work in "Silver Linings Playbook." That decision was made a long time ago. "One night, when I started the profession, [my mom said], 'If you ever [get nominated], I am the date,'" he tells E! News, adding that he has already informed mom **Gloria** that she needs to find a nice dress for the Feb. 24 event. "She was freaking out," he says.



The feed ...

► Checking in with some of Hollywood's biggest names to see what they've been up to — in their own words, in 140 characters or fewer.

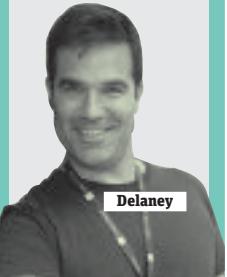
@SarahKSilverman
If you have terrible luck with roommates, YOU'RE the terrible roommate

@JimGaffigan
Dark chocolate is for people that like chocolate but like to be disappointed.
#TeamMilkChocolate

@robdelaney
Even though I work from home I still wear a big ID & have a ridiculous lanyard filled with keys & I "swipe" in & out of the bathroom.

@Joan_Rivers
My doctor told me that this flu epidemic is a lot like the Kardashians: It's not going away anytime soon.

@azizansari
Really cool of Justin Timberlake to play us all the albums he's releasing until 2016 at this morning's Illuminati meeting. Great stuff!



Delaney

GOLDEN GLOBE AWARDS

All of Hollywood was focused on the 70th annual Golden Globe Awards last night as awards season kicked into high gear with the Hollywood Foreign Press' yearly party at the Beverly Hilton. While the TV industry enjoyed the limelight as well, the real question is how the night's movie winners will impact the ongoing Oscar race.

This year's new co-hosts, Tina Fey and Amy Poehler, drew early raves for their work, with a lively opening segment that poked just enough fun at the attendees to make it memorable. "Only at the Golden Globes do the beautiful people of film rub shoulders with the rat-faced people of television," joked Poehler, who was up against Fey for Best Actress in a Television Comedy.

"I hope I win," Poehler told Fey.

The ladies also took a moment to poke fun at Ricky Gervais, who hosted the three previous years and drew increasing criti-



Fey and Poehler brought the funny last night.

cism each time for jokes that some felt crossed the line into meanness.

Ricky Gervais could not be here tonight because he's no longer in show business," Fey joked. Fey and Poehler also noted they'd been warned the punishment for going too far was being asked back to host the next year.

The first award of the night went to Christoph Waltz, who received the Best Supporting Actor globe for his work in "Django Unchained," beating out co-star Leonardo DiCaprio as well as "Lincoln" scene-stealer Tommy Lee Jones, who is considered the Oscar frontrunner in the category.

The hostesses didn't hold back

"When it comes to torture, I trust the lady who spent three years married to James Cameron."

POEHLER WONDERS WHY KATHRYN BIGELOW'S FILMS ALL SEEM TO INVOLVE TORTURE

"His first two films were filmed in Boston, but he wanted to film somewhere that was friendlier to outsiders so he moved this one to Iran."

FEY RIBS BEN AFFLECK FOR 'ARGO'

"I haven't seen someone so totally alone and abandoned since you were onstage with James Franco at the Oscars."

FEY PAYS ANNE HATHAWAY A BACKHANDED COMPLIMENT FOR HER "LES MISÉRABLES" ROLE

Composer Mychael Danna picked up the Best Score award for "Life of Pi," while Adele received her first Golden Globe for Best Song for "Skyfall." "Oh my God! Honestly, I've come out for a night as a new mom," Adele said in an endearing acceptance speech. "I was literally not expecting this."

On the TV side of things, early awards mirrored last September's Emmy awards. Maggie Smith won for Best Supporting Actress for "Downton Abbey," and "Homeland" star Damien Lewis earned the trophy for Best Actor in a TV Drama. "Homeland" also won for Best TV Drama. HBO's "Game Change," about Sarah Palin's introduction into the 2008 presidential race, won big, taking home Best TV Movie and Best Actress in a TV Movie for Julianne Moore's depiction of Palin.

Other winners

- **Best TV Drama:** "Homeland"
- **Best Mini-Series or Motion Picture:** "Game Change"
- **Best Actor in a TV Drama:** Damien Lewis, "Homeland"
- **Best Actor in TV Series, Mini-Series or Made-for-TV Movie:** Kevin Costner, "Hatfields and McCoys"
- **Best Actress in a Mini-Series or TV Movie:** Julianne Moore, "Game Change"
- **Best Supporting Actress in TV Series, Mini-Series or Made-for-TV Movie:** Maggie Smith, "Downton Abbey"
- **Best Actress in a Motion Picture:** Jennifer Lawrence, "Silver Linings Playbook"
- **Best Actor in a Motion Picture:** Ed Harris, "Game Change"
- **Best Supporting Actress in a Motion Picture:** Anne Hathaway, "Les Miserables"

— For a complete list of winners, visit www.metro.us

Ned Ehrbar
METRO WORLD NEWS



Red carpet

- **1. Katharine McPhee,** what nice, um, eyes you have. The actress, in a Theyskens' Theory gown with plunging neckline, said she wanted to be "sexy" this year. Mission accomplished.
- **2. The best accessory for these ladies?** Their pre-baby body. **Claire Danes** wore red Versace and **Megan Fox** was in blush Dolce & Gabbana.
- **3. Kerry Washington,** wearing Miu Miu, dazzled in one of the night's big trends: blush pink.
- **4. Jessica Chastain's** hair inspiration? We're guessing Scarlett O'Hara. As for her "seafoam" gown, that'd be the work of Calvin Klein.
- **5. The puffy bodice on Jennifer Lawrence's** red Dior Haute Couture gown had some heads scratching.
- **6. Benedict Cumberbatch** gave Bradley Cooper some stiff competition for best hair.
- **7. Anne Hathaway's** sparkly Chanel peplum isn't helping the pregnancy rumors.



Laser Hair Removal Specials
(this week only!)

High quality
at affordable
price!



New clients only.

- \$33 chin, lip or sideburns
- \$69 underarms or bikini
- \$189 full legs, chest, or back
 - \$499 full body
 - Unlimited laser



THE NEW CARRIE

► AnnaSophia Robb stars as a teenage Carrie Bradshaw, before she had sex or ruled the city

► She opens up her makeup bag

In "The Carrie Diaries," the television prequel to "Sex and the City," AnnaSophia Robb stars as a 16-year-old, pre-Manolo, pre-Big Carrie Bradshaw. But unlike the fashion-obsessed icon she plays on screen, Robb has a low-maintenance approach to makeup and clothes. We discuss.

Putting the makeup on ... and taking it off

"I don't really wear makeup anymore. ... I kind of stopped because when I'm working I have it on for up to 15 hours a day. So on the weekends or before work, I only put on moisturizer."

Makeup from the '80s — yay or nay?

"Eighties makeup was just a bunch of colors and crazy neon. I don't know if



► "The Carrie Diaries" premieres tonight at 8 on The CW.

I love it. The blush was really strong and bright and if you didn't have the skin tone to pull it off, it was way too heavy. But, if you put a piece of paper on your cheek to create that

hard, drastic line, that look can be fun."

Her beauty mantra

"Look after your eyebrows! I was given an eyebrow brush on a job that I still use to this day. My friends

make fun of me, but I love it. When I was younger, my mother taught me how to apply blush. Get it wrong and there'll be way too much color and you'll just look 'warm.' Using bronzer is best."

The secret to nailing Carrie's hair: a wig

"I naturally have straight hair, which takes about two hours to curl, so it's faster for me to wear a wig. Carrie wears a lot of updos on the show, so we've been able to use a lot of fun accessories: banana clips and pins."

If she could raid one 'SATC' closet she'd choose ...

"Carrie's — I loved the skirts. She has a wild sense of style."

 **Romina McGuinness**
METRO WORLD NEWS

A New Year, A New You

- Plastic and Reconstructive Surgery of the Breast
- Facial Cosmetic Surgery • Nose Reshaping
- Body Contouring including Post Bariatric

COMPLIMENTARY PERSONAL CONSULTATION

BOTOX AND FILLER DISCOUNT
WHEN YOU MENTION THIS AD!



Paul R. Weiss MD, FACS
Certified by the American Board of
Plastic Surgery

212-861-8000

www.drpaulweiss.com
1049 Fifth Avenue, Suite 2D
(on E. 86th bet. 5th and Madison)

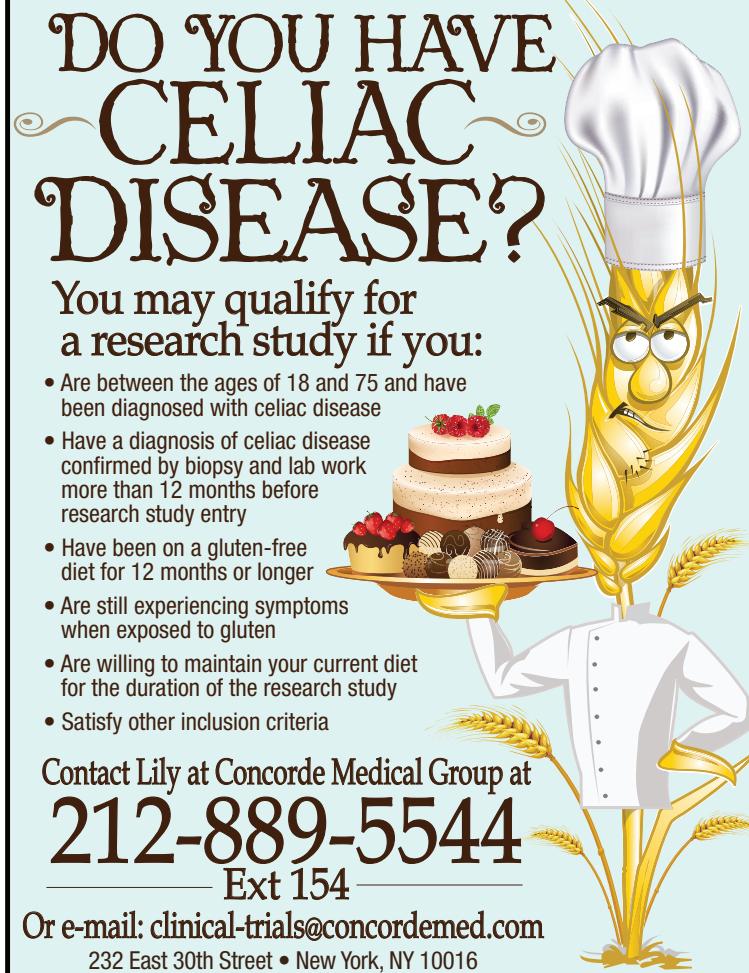
DO YOU HAVE CELIAC DISEASE?

You may qualify for a research study if you:

- Are between the ages of 18 and 75 and have been diagnosed with celiac disease
- Have a diagnosis of celiac disease confirmed by biopsy and lab work more than 12 months before research study entry
- Have been on a gluten-free diet for 12 months or longer
- Are still experiencing symptoms when exposed to gluten
- Are willing to maintain your current diet for the duration of the research study
- Satisfy other inclusion criteria

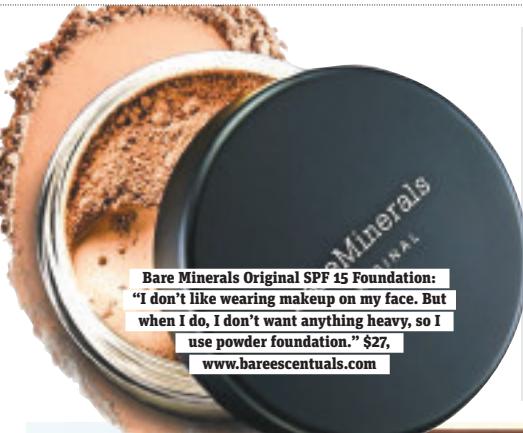
Contact Lily at Concorde Medical Group at
212-889-5544
Ext 154

Or e-mail: clinical-trials@concordemed.com
232 East 30th Street • New York, NY 10016



Her beauty must-haves:

L'Occitane Rose 4 Reines Velvet Hand Cream:
"My hands are so dry ... I love it." \$22, www.loccitane.com



Bare Minerals Original SPF 15 Foundation:
"I don't like wearing makeup on my face. But when I do, I don't want anything heavy, so I use powder foundation." \$27, www.bareescentuals.com



L'Oréal Mascara and Stand Brush:
"I use mascara with a little stand brush. It's awesome because you can cover your entire lash without it getting chunky." \$22, www.loreal.com

Carol Friedman



Jessye Norman



Pangea Organics Pyrenees Lavender with Cardamom Lip Balm:
"I love wearing lipstick – my best friend turned me on to this one." \$12, www.pangeaorganics.com



Lavanila The Healthy Rollerball Pure Vanilla:
"I wear lots of different scents. Right now it's Signorina by Salvatore Ferragamo and Covet by Sarah Jessica Parker. But I usually carry roll-on perfume – just in case. My Lavanila stays on and smells holiday-esque." \$19, www.lavanila.com



If Your New Year's Resolution is to **Quit Smoking...**

We're Offering You White Teeth For Life!



Manhattan Dental Spa

200 Madison Ave | Suite 2201 | NY 10016
Call Today! 212-683-2530

NEW YEAR! NEW YOU! 50% Off at



spa Jolie
SLIMMING & LASER CENTER

LASER - 50% OFF

Full Body Laser Hair Removal: was \$699/now \$399.50
Full Legs, Back, Chest, Full Face or Full Arms: was \$199/now \$99.50
Fractional Laser (reduce acne scarring, large pores, fine lines): was \$199/now \$99.50
Acne Laser (clears up adult acne) 8 treatments: was \$800/now \$400

SLIMMING TREATMENTS

Zerona Full Body Inch Loss System (lose 3-9 inches guaranteed - zero pain and zero downtime): 6 for \$399
Cavi Lipo (eliminates fat cells permanently and painlessly): \$65 per treatment/area
Can be done on love handles, stomach, legs, breast area and more.
Slimming Body Wrap with mini facial (reduces toxins and water retention): was \$90/now \$45

SPA SERVICES

Deep Pore Facial includes extractions: was \$55/now \$27.50
One Hour Massage: was \$65/now \$32.50
Microdermabrasion (reduce pigments): was \$75/now \$37.50
Spa Manicure with Spa Pedicure: (includes full pedicure and manicure, hand and foot massage with paraffin treatments): All offers expire 1/20/13 was \$39/now \$19.50

WAXING 50% OFF

Back Wax: was \$25/now \$12.50
Chest & Stomach Wax: was \$35/now \$17.50
Brazilian Wax: was \$35/now \$17.50
Full Body Wax: was \$99/now \$49.50

**180 7TH AVE. SOUTH, NY, NY 10014
212-229-1389 • WWW.SPAJOLIENY.COM**

Must have coupon present. Can purchase as many as you want. Does not expire after purchase. Cannot be combined with other offers.

CARNEGIE HALL
Weill Music Institute

The Song Continues

Reserve your seats for a recital or master class today.

Tuesday, January 15 at 5:30 PM
Weill Recital Hall

Spotlight Recital

Karen Vuong, Soprano
Ken Noda, Piano

Works by Hahn, Wolf, Barber, Rachmaninoff, and R. Strauss

Tuesday, January 15 at 7:30 PM
Weill Recital Hall

Marilyn Horne Master Class

Limited availability

Wednesday, January 16 at 7:30 PM
Zankel Hall

Jessye Norman Master Class

Tickets: \$15

The Song Continues is supported, in part, by the Ann and Gordon Getty Foundation.

Professional Training Workshops are made possible, in part, by Mr. and Mrs. Nicola Bulgari and The Gladys Krieble Delmas Foundation. This program is part of the Marilyn Horne legacy at Carnegie Hall.

carnegiehall.org | 212-247-7800
Box Office at 57th and Seventh

Artists, programs, dates, and ticket prices subject to change. © 2013 CHC.

myentertainment

TV watch list

'Bones'

DRAMA. Booth and Brennan go undercover on a televised dance contest to figure out if the death of a ballroom instructor had anything to do with eliminating the competition. 8 p.m., Fox

'Lost Girl'

DRAMA. Heroine Bo deals with professional secrets in the Fae realm and secrets of a more personal nature in the human world. Can't a succubus catch a break? Season premiere, 10 p.m., Syfy

'Food Factory'

REALITY. This making-of series shows how favorite foods, such as cans of Campbell's soup, are created and packaged. Series premiere, 10 p.m., Destination America

• AMBER RAY

NBC launches its own answer to ABC's 'Revenge'

► 'Deception' creator Liz Heldens sees her new prime-time drama as the love child of 'Sabrina' and 'Donnie Brasco'

Murder, wealth, scandal, double-crossing and double identities. It's the stuff that has made "Revenge" a guilty-pleasure hit for ABC, so no one could blame NBC for wanting a piece of the action. But writer and executive producer Liz Heldens insists there was no directive to make a "Revenge" for NBC when she created "Deception," the network's new murder-mystery nighttime soap.

"No one said that," Heldens says. In fact, the show's twisty tale — of Joanna, an undercover cop (Meagan Good), returning to the wealthy estate where she spent her childhood to investigate the murder of a socialite — gets its inspiration from a



► "Deception," starring Meagan Good and Victor Garber, airs Mondays at 10 p.m. on NBC.

finer pedigree. "I was sort of thinking about how could you do an undercover show with a female protagonist, and at the same time NBC was looking for a soap," Heldens explains. "And so then I sort of thought could 'Donnie Brasco' and the movie 'Sabrina' have a baby? And so they did."

The material was juicy enough to attract Victor Garber back to television. The veteran stage actor, currently receiving raves on the big screen in "Argo," is always up for playing characters with a secret, as he proved in his run on "Alias" for five seasons.

"You know, to me, acting was always about revealing what's going on

Quoted

"As far as the mystery, I think the plan that we've always had in our heads is to reveal to the audience who the killer is."

HELDENS

beneath, and there's always a subtext in every scene," Garber says. "You say something but you mean something else."

Of course, kicking off a new show circling a central mystery — here the murder of socialite Vivian Bowers — doesn't come without its potential pitfalls. But Heldens knows where this story is going. "The plan that we've always had in our heads is to reveal to the audience who the killer is, and Joanna will probably have a pretty good idea [by the end of the first season]," she says. "And the second season is about proving it."

 Ned Ehrbar
METRO WORLD NEWS

\$1 ZOOM! Laser Teeth Whitening

(w/Check-up and Cleaning*)
*covered by your PPO Dental Plan



Up to 12 Shades Whiter in just 1 hour

Call (212) 537-6923 - Open Weekends and Evenings

30 East 40th St. #105 • 1 block from Grand Central Station
Ph (212) 537-6923 • www.Zoomfor1.com (exp 1/31)

NEVER SHAVE AGAIN
LASER HAIR REMOVAL SPECIALS!

- Lip, Chin, Or Underarms \$50
- Upper Arms or Lower Leg \$99
- Brazilian Or Bikini \$99
- Full Face w/ Neck \$150
- Full Leg Or Full Arms \$150
- Back Or Chest \$149
- Full Body \$499

TREATMENTS 2 FOR
\$99 (reg \$285)

- Deep Pore Cleansing Facial
- Microdermabrasion
- 1-Hour Aromatherapy Massage
- Slimming & Detoxifying Body Wrap
- LPG Cellulite Reduction



Nina's
Day Spa & Laser Center
IN BUSINESS OVER 25 YEARS

5 West 35th St
www.ninaskincares.com
212-594-9610

NEW CUSTOMERS ONLY

SAVE
ON TAX PREP

\$50 FLAT FEE
TAX PREPARATION
for Basic Returns*

GGI Tax Preparation
6 East 46th St. Suite #504
www.GGIBrokerage.com

*A Basic Return is any individual tax return that has two or less income forms such as W-2's or 1099's. If your return does not qualify as a Basic Return, this coupon can be credited to the preparation fee. Not redeemable for cash. For new clients only. One coupon per new client per tax season. Cannot be combined with any other offer.



Call Today (212) 490-7706



NEW YORK'S PREMIER MATCHMAKING SERVICE

PARTNERS
UNITE

1-888-481-2929
www.partnersunite.com

SAME DAY TAX RETURNS!

GET YOUR \$\$\$\$\$ FASTER!!

WALK IN WITH YOUR W2 • WALK OUT WITH AN INSTANT DEBIT CARD*

NO OUT OF POCKET FEES!

PREP FEE CAN BE DEDUCTED FROM YOUR REFUND!

INSTANT DEBIT CARDS ARE GIVEN ON THE SPOT! FREE ESTIMATES & FREE CONSULTATION

5 PENN PLAZA, 23RD FL. (BET 34TH & 33RD ST. ON 8TH AVE)

CALL US NOW! DON'T WAIT!!

212.300.5776

DENTAL CENTER

IN THE
CHRYSLER BUILDING
42ND AND LEXINGTON

New Year
Invisalign Special!

\$3999 for a full treatment

Please call for a Complimentary consultation
www.kakosiandental.com

888-711-0267



**NEW
OFFICE**

204 East 35th St
Bet 2nd & 3rd



WARNER BROS. PICTURES



► Nothing kills like a well-dressed man.

Gosling goes gangster

Ryan Gosling's character in "Gangster Squad" is a smooth-talking charmer who's quick with a joke. So, it's not really much of a stretch for the actor. In fact, it's tough to get a straight answer out of him. When asked what was challenging about taking on real-life 1940s cop Jerry Wooters, Gosling offers, "It was challenging for me when I realized that I was not going to get a Tommy gun."

And what about the high-pitched voice he used for Wooters? Did that come from his research into the man himself? Not exactly. "That was more of a wardrobe issue," Gosling offers. And speaking of his wardrobe: "The wool was quite itchy, so I had a rash," he says. "I channeled that irritation into my hatred for the gangsters."

It might not be surprising to learn, then, that one of Gosling's main sources of inspiration for his performance was one of the era's most entertaining characters. "I always kind of admired how Bugs Bunny was not above dressing like a lady in order to get out of trouble," he says. "I thought that could be interesting in this in some way, this person trying to make [himself]

Keeping tabs on Emma Stone

"Gangster Squad" marks the second time Ryan Gosling has shown off his onscreen chemistry with Emma Stone — they first romanced each other in 2011's "Crazy Stupid Love." The actor admits his patter with Stone works better for comedy than drama, which made their latest film something of a challenge. "I think it was hard for us to be serious. We had made this comedy together, so we were a couple of knuckleheads," he says. "We thought, 'This will be fun to work together again.' Then we had to try and be serious. I was trying to pretend like I was Humphrey Bogart or something. That kind of made it difficult."

inconspicuous. But I also was trying to relate to the idea that this is a real person. I think it's important to note that the man himself was a much braver, more admirable character than the version of him that I play in the film."

Ned Ehrbar
METRO WORLD NEWS

Box office

'Zero Dark Thirty' leads box office

"Zero Dark Thirty," Hollywood's retelling of the decade-long manhunt for Osama bin Laden, captured the No. 1 spot on movie box

office charts over the weekend with \$24 million in U.S. and Canadian ticket sales.

The movie starring Jessica Chastain as a dogged CIA agent edged out horror movie spoof "A Haunted House," which finished with \$18.8 million, as well as "Gangster Squad," a period crime drama that finished in third place with \$16.7 million from Friday through yesterday.

The weekend marked a

strong start for Hollywood in 2013 after 2012's record-setting box office numbers.

Sony Corp's movie studio released "Zero Dark Thirty," "Gangster Squad" was distributed by Warner Bros., a unit of Time Warner Inc. "A Haunted House" was released by Open Road Films, a joint venture between theater owners Regal Entertainment Group and AMC Entertainment Inc. **REUTERS**

Top 5 films

- 1. "Zero Dark Thirty," \$24 million
- 2. "A Haunted House," \$18.8 million
- 3. "Gangster Squad," \$16.7 million
- 4. "Django Unchained," \$11.1 million
- 5. "Les Misérables," \$10.1 million

Save \$1,000 on replacement windows and pay off the last of your high heating bills.*

Present this coupon to your Project Manager during your FREE Window Diagnosis

PROMO CODE: 37X8-6

\$1,000 DISCOUNT
on custom-built windows*

& \$0 MONEY DOWN | 0 PAYMENTS | 0% INTEREST FOR 1 YEAR*

with Instant Product Rewards. Offer expires: February 17, 2013



If you have drafty, broken, or inefficient windows, your home will never be as warm and comfortable as you would like. And your heating bills will probably always be hundreds, or even thousands, of dollars more than they should be. For a tight, energy-efficient fit, we custom-build your replacement windows to your home's precise measurements.

Custom building every window to meet Andersen's superior standards takes a little extra time. So, while you wait for your new windows to arrive, we'll give you a \$1,000 discount to help you pay the last of your high heating bills.*

**Renewal
byAndersen**
WINDOW REPLACEMENT
an Andersen Company

Call for your FREE Window Diagnosis:

1-800-357-3815
OurEnergySavingWindows.com

*Restrictions and conditions apply; see your local representative for details. Cannot be combined with prior purchases, other offers, or coupons. No adjustments to previous orders. Offer not available in all areas, discount applied by retailer representative at time of contract execution and applies to minimum purchase of 5 or more windows. Offer does not include bay/window or patio doors. As part of the Instant Product Rewards Plan, all homeowners must be present and must purchase during the initial visit to qualify. To qualify for \$1,000 discount offer, initial contact for a free Window Diagnosis must be made and documented on or before 2/17/13, with the appointment then occurring no more than 10 days after the initial contact. 0% APR for 12 months available to well qualified buyers on approved credit only. Not all customers may qualify. Higher rates apply for customer with lower credit ratings. Financing not valid with other offers or prior purchases. No Finance Charges will be assessed if promo balance is paid in full in 12 months. Renewal by Andersen retailers are independent contractors and are not affiliated with Andersen Corporation. Renewal by Andersen retailers do not assist with, counsel or negotiate financing, other than providing customers an introduction to lenders interested in the customer and such lender, all subject to credit requirements. Renewal by Andersen retailers do not assist with, counsel or negotiate financing, other than providing customers an introduction to lenders interested in the customer and such lender, all subject to credit requirements. NJ Consumer Affairs License # 13HV01541700, NYC Consumer Affairs License # H081015000, Suffolk Consumer Affairs License # 43991-H, NYC 1307704. Renewal by Andersen of Central/Northern NJ and Long Island are independently owned and operated affiliates operating in the NJ/NY metropolitan area. "Renewal by Andersen" and all other marks where denoted are marks of Andersen Corporation. ©2013 Andersen Corporation. All rights reserved. ©2013 Lead Surge, LLC. All rights reserved.

Friends don't let friends text-fight

LOOSE DENTURES?

Smile with Confidence



NEW YEAR'S SPECIAL Exp: 2/15/13

OVERDENTURES

with implants

\$3,600* per lower

\$4,500* per upper

Customary fee \$7,600+ per arch

*Additional charges may occur for more complex cases. Ad must be presented for discount.



Leaders in Implant Dentistry! - Est. 1977

**Emergencies Welcome Senior Cit. Discounts
DENTURE REPAIRS AND RELINES WHILE-U-WAIT!**

FREE CONSULTATION



**CALL NOW
212-689-0024**

224 West 35th St., New York, NY
16th Floor (between 7th and 8th Avenues)
www.heraldsquaredental.com

No Insurance Necessary

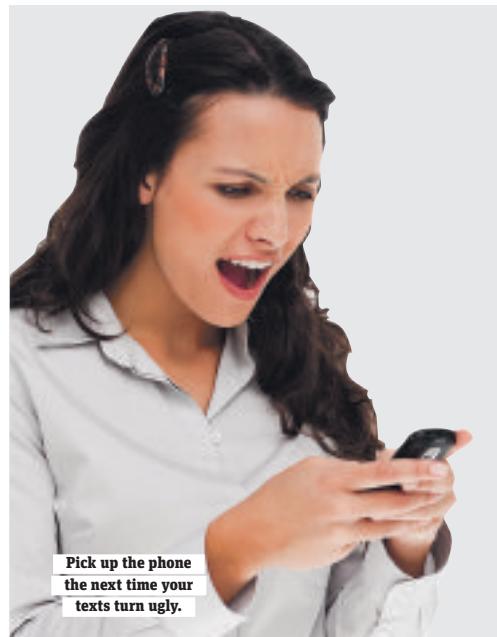
KIM SCHNEIDERMAN, MSW, LCSW

NOVEL-PERSPECTIVE.COM

The question: I got into an argument via text messaging with a close friend. When it was over, I felt exhausted and unsettled. Advice?

As someone who is all thumbs with my thumbs, I'm always amazed that people have the digital dexterity to carry on a reasonably coherent text dialogue for longer than two minutes. But personal challenges aside, texting is not the way to negotiate a relationship.

As texting becomes second nature, it's worth noting that human beings were designed to connect with each other on many different levels. UCLA pro-



Pick up the phone
the next time your
texts turn ugly.

WAVEBREAK MEDIA

fessor Albert Mehrabian found that 58 percent of communication is through body language; 35 percent through vocal tone, pitch and emphasis; and a mere 7 percent through content of the message.

We all know that good communication is the cornerstone of relationship. So why attempt to resolve a disagreement using only 7 percent of your full expressive potential? Would you run a marathon with 7 percent of your physical strength or take an impor-

tant test with 7 percent of your intelligence? Would you host a holiday gathering with only 7 percent of your house cleaned?

There are reasons why someone might initiate a difficult conversation via text. Here are a few theories:

1 To avoid revealing vulnerable emotions.

No one can hear the trembling or the anger in your voice in a text.

2 To protect oneself from having to hear another

person's distress.

3 To have control over the conversation, including setting boundaries with difficult or verbose people. Sometimes this can devolve into manipulation, especially if one party refuses to talk on the phone.

4 To expend less energy. Texting requires fewer sentences than talking or sending e-mails.

I am not anti-texting. Like any technology, texting has its place — especially for a quick hello, simple banter or making plans. But your phone also has a numbers keypad. Next time you find yourself engaged in heated text warfare, I suggest you use it. Even better, discuss the problem face to face.

— Kim Schneiderman, MSW, LCSW, is a psychotherapist and former journalist with a private practice in New York City. This column is not intended to be used as a substitute for a private consultation with a mental health professional, nor is this therapist to be held liable for any actions taken as a result of this column. If you have any concerns related to the content of this column, please make an appointment with a licensed mental health professional. Email Kim your questions at askkim@metro.us.

Metro does not endorse the opinions of the author.

The Ugly Face of Depression

Do you experience:

- Sadness Loss of interest Trouble concentrating
- Loss of energy Change in appetite Insomnia

If so, you may be among the millions of Americans affected by depression each year. If you are 18-65 years of age and in good physical health, you may be eligible for our research study. As part of the program you could receive research-related medical evaluations, evaluation of your depression with our Board Certified physician, study medication, and visits to our private clinic, all at no cost. Please call for more information.

(212) 595-5012

The Medical Research Network, LLC
134 E. 93rd St., NY, NY 10128 • www.MedicalResearchNetwork.com

LASIK Deal of the Week

\$1895 for LASIK Surgery for Both Eyes (\$4,000 value)

VALUE	DISCOUNT	YOU SAVE
\$4,000	53%	\$2,105

- Board-certified LASIK surgeons exclusively dedicated to Laser Vision Correction
- 50,000 + LASIK Surgeries performed
- Tri-state's only center with 4 different lasers to best customize your LASIK

0% FINANCING

Call Today for a **212.759.9617**
FREE consultation!

* Special offer valid with this ad only. The offer is good for Standard Lasik. Additional fee for Custom & Bladeless Lasik. Some restrictions may apply.

**-STOP-
Bad Breath
Get Rid Of It Now!**

- New Effective Treatment
- Covered By Most Insurances

**Call For Free Initial Consultation
1-800-634-1945**

As Seen On TV NBC, CNN, CBS

Halitosis Treatment Center Dr. Eugene Joffe

www.A-DENTIST.com

Why tobacco plants might be the panacea for the flu

- A tobacco relative may lead us to a new vaccine, expert says
- And no need to worry about a flu shot with a side of nicotine

As the supply of vaccines continues to drop in wake of the newest flu epidemic, one company is turning to a peculiar source to combat the virus: tobacco plants.

Medicago, which develops vaccines for a variety of infectious diseases worldwide, is using tobacco plants to fight the flu thanks to their genetic properties and low maintenance costs. Though the scientists are not able to create a vaccine for the current strain, they will have Phase II results of their experiment by this summer. From there, the

time line to completion is common to any vaccine approval process — about four or five years.

We asked Mike Wanner, the executive vice president of operations at Medicago, to tell us more about his company's efforts to fight the flu.

How did you discover that tobacco plants could be used to create flu vaccines?

Plants are one of the world's most cost-effective protein producers and can make virtually any type of protein. Medicago's process for manufacturing the virus-like protein has been developed and opti-



mized for use with a relative of the tobacco plant. The leaves of these plants are well-suited to rapidly incorporate the genetic information required to produce proteins that appear

to the human immune system as a live virus but are really virus-like particles.

Meredith Engel
meredith.engel@metro.us

Q&A

Do patients who receive a tobacco-made vaccine get any tobacco byproducts in their bodies as a result?

► No. Our vaccine facility includes a state-of-the-art extraction and purification unit and effectively removes plant cell materials. Therefore, the purity level of our product is extremely high.

Is it now too late to get a flu shot?

► No, everyone who has not yet gotten vaccinated should do so as soon as possible. The

vaccine is known to become effective within about two weeks of vaccination.

What causes a flu epidemic to go away?

► In the general population, as the epidemic proceeds the number of people who are susceptible to a specific flu strain ultimately decreases — and so the rate at which new infections arise also decreases. Eventually, the rate at which individuals are recovering exceeds the rate at which new infections are occurring. When this rate drops to zero, the epidemic is over.

ADVANCED VARICOSE VEIN
TREATMENTS OF MANHATTAN

CERTIFIED BY THE AMERICAN BOARD OF PHLEBOLOGY

Resume to normal activities within a day
Most Health Insurances accepted
Anesthesia available for your comfort

- Varicose Veins & Ulcers
- Spider Veins
- Swollen Legs & Pain
- Skin Discoloration

© Netter illustration used with permission of Elsevier, Inc. All rights reserved. www.netterimage.com

Clarivein, Vein Gogh, Apligraf

EVLT laser treatment VNUS closure Asclera

HABLAMOS 1-888-356-VEIN (1-888-356-8346) **ROBOPNM**
ESPAÑOL Tel: (212) 204-6501 **NO-PYCCKN**

E-mail: drlev@treatmentsofmanhattan.com www.TreatmentsOfManhattan.com

DOWNTOWN - 111 John St, Suite 1450 NY, NY 10038

Nearest Transit: Fulton St **2** **3** **4** **5** **A** **C** **J** **Z**

GET A FOOT UP ON LIFE!

Providing excellence in Foot and Ankle Care.

HEALTHY FEET ARE SEXY FEET!

Manhattan Footcare's Board Certified Podiatrists specialize in cosmetic procedures that will rejuvenate & beautify your feet. For over 20 years we have skillfully treated patients in all areas of Podiatry, while utilizing the latest technology.

Removing nail fungus with PinPointe laser technology and correcting painful & ugly foot deformities is what we do best!

Diabetic foot care and treatment for dance & sport injuries are also our specialty!

To schedule an appointment or a FREE surgical consultation call us today!

MANHATTAN FOOTCARE
Podiatric Medicine & Surgery
of the Foot and Ankle

New Year's Special
20% off
laser treatment for nail fungus

SATURDAY APPOINTMENTS AVAILABLE

Dr. Steve Menna & Dr. George Pace

347 Fifth Ave Suite 1110 MANHATTAN
Across from the Empire State Building

212.629.5090

52 Duane Street MANHATTAN/TRIBECA

212.349.7676

133 Smith Street BROOKLYN

718.330.1117 (between Dean & Bergen)

manfootcare@aol.com

www.manhattanfootcare.com

Use your voice to land an interview

► You're not a boring office robot, so why should your cover letter be? ► Simple ways to make your application stand out

Pretend you're on Twitter

If your cover letter was a tweet, what would it say? Get right to the point without saying: "I'm applying for the ABC position at EFG Corporation that was posted on Simply Hired."

Writing this sentence on Twitter would be a total waste of characters. Instead, your cover letter should start with your pitch: "I'd be a great fit for the ABC position because XYZ."

Stop saying that you have "strong analytical skills" and instead analyze the job description and craft some very concise and specific statements demonstrating why you'd be perfect for the gig.

Lose your laundry lists
Why does your résumé include laundry lists of each daily task you performed for all the jobs you've ever had? If you were a part-time receptionist, anyone who looks at your résumé



Ditch the cover letter robot vibe

Write a cover letter the way you would write a blog post — with a human voice.

Read your cover letter

aloud. Now read a post on your favorite blog aloud. Notice a difference? Your cover letter is written in a robotic voice that you may think sounds professional. It's not.

Remove words like "strong communication skills" and "good phone etiquette" from your application and write a persuasive cover letter that has some action in it. Walk the walk.

LINDSAY ROTHMAN FOR
TalentEgg
Talentegg.com is a job board and online career resource for college students and recent graduates.

In the news

Ford hiring 2,200 US staff members as vehicle lineup expands

Ford Motor Co. plans to fill 2,200 white-collar positions this year in product development and

other units based in the United States as the automaker expands and updates its vehicle lineup worldwide.

About 75 percent of the jobs will be in engineering, manufacturing and information technology, Ford said in a statement on Friday, describing this as its largest increase in new salaried positions in more than a decade.



► More fuel-efficient vehicles means more jobs at Ford.

We all know the drill: Modify a few résumé buzzwords, change the company name and job title on your cover letter and fire off multiple applications into cyberspace.

Instead, opt for a quality-over-quantity approach by applying to a few positions very well. Standing out requires more time than you may be spending right now.

"As we expand our product lineup of fuel-efficient vehicles, we need more people in critical areas," said Joe Hinrichs, head of Ford's North and South American operations.

The 2,200 new salaried workers expected this year are in addition to more than 8,100 hourly and salaried workers Ford hired in the U.S. last year. About 1,000 were hourly

jobs recently brought in-house that were once performed in other locations or by Ford suppliers in Mexico and Japan.

In 2011, Ford and the United Auto Workers union struck a deal that would require the automaker to create or retain 12,000 U.S. hourly jobs by 2015. On Friday, Ford said it had fulfilled half of that commitment.

REUTERS

...and theirs!

CERTIFIED HHAs

Immediate FT & PT Cases Avail
ALL AREAS IN QUEENS,
NASSAU, SUFFOLK & WESTCHESTER
Hospice experience a plus!

COMPETITIVE SALARY & BENEFITS

\$100 Sign-On Bonus
(with complete package)

- Queens Ph: 718-520-8320
- Westchester Ph: 914-654-0003
- Nassau Ph: 516-798-6688
- Suffolk Ph: 631-360-0066



TUITION FREE!! GREEN JOB TRAINING WITH CAREER ADVANCEMENT COACHING

COMMERCIAL DRIVERS LICENSE, Class B with
HAZMAT ENDORSEMENT
ENVIRONMENTAL RESPONSE & REMEDIATION
PEST CONTROL TECHNICIAN

Orientations are every Wednesday, Thursday, Friday at 10am

790 Broadway, 2nd Fl.
Brooklyn, NY 11206

Ready to Take the Next Step?
Contact us @ 718.302.2057 Ext.231

ST. NICKS ALLIANCE WORKFORCE DEVELOPMENT
www.stnicksalliance.org

CERTIFIED HHA'S/PCA'S

PRIVATE PAY HOMES
LIVE-IN WORK AVAILABLE
Work Avail in Nassau & Suffolk!

• \$140/Day & Up for Private Pay Live-Ins • Training Available

RNs & LPNs Shift Work Available

Call the office nearest you. Interviews will be held in local borough closest to you!

- Westbury Office: 516-292-1500
- Ronkonkoma Office: 631-979-8009
- Riverhead Office: 631-591-3955

We care for you!

PREMIER
home health care services, inc.

Come join the "LI Best Home Care Team"
HIGHEST PAY IN NASSAU COUNTY

• HHAs • PCAs

Immediate Work

Call (516) 227-3400

60 Hempstead Ave, Suite 215,
W. Hempstead, NY 11552 EOE

\$600

Sign-On
BONUS
Live-In Aides
in Nassau
County



...the people with a heart!

Make a difference in your life

3 Job opportunities to watch in 2013

NEW IN THE NEW YEAR

Some industries, such as health care, will always be booming. Other paths are not as obviously fruitful. "Predicting job growth is like predicting where tornadoes will form," says Rich Milgram, CEO of the job-posting website Beyond.com. "You can have all the charts and data in the world, but it's not an exact science."

Milgram says it's all about "looking for trends that can help inform how the job market will fare long-term." We got some help from industry insiders.

The industry: Real estate



► Even in difficult economies, real estate agents have control over their earnings.

"Even after five years of a challenging real estate market, employees of real estate companies are extremely happy with their jobs," says Doug Claffey, CEO of Workplace Dynamics. "The entrepreneurial nature of the industry gives employees a great deal of control over their own destinies and success."

The industry: Retail
Talent acquisition company iCIMS pores over data to learn who's receiving the most applications and doing the most hiring. "At the end of 2012, iCIMS evaluated the data and noted which industries were experiencing an increase in applicant submissions for open positions," says CEO Colin Day.

PHOTODISC

"Retail, transportation and health care all received the largest number of open position applications, with retail ahead in the volume of submissions."

The industry: Biosciences

While 2013 might not be a big year for biosciences and pharmaceuticals it's an area worth watching. "We don't think there's much room for growth with the large pharmaceutical companies," says Chuck Pappalardo, managing director of Trilogy Search. "This sector is too important for us not to keep a close eye on it, but the coming year — and possibly even the next five years — won't be its finest hour."

Julia West
letters@metro.us

News in brief



► AmEx is cutting jobs thanks to the Web.



AmEx cuts jobs as digital age transforms travel

American Express will eliminate 5,400 jobs this year, mostly in travel services, as consumers rely more on websites for bookings.

"Travel has gone through a great deal of change," Chief Executive Officer Kenneth I. Chenault said in a conference call with analysts. The economics of corporate travel has "changed more dramatically over the years than any part of the business."

American Express, the

biggest U.S. credit card issuer by purchases, provides clients worldwide with travel-booking services. Competitors include Priceline.com, the most valuable online-travel agency, and Expedia.

The job cuts account for about 8.5 percent of AmEx's 63,500-person workforce, a number that will be mitigated as the company refills some jobs, according to a statement. The total number of employees by year-end will drop by 4 percent and American Express expects to hold increases in annual operating expenses to less than 3 percent, the firm said. BLOOMBERG

The Institute of Culinary Education

Open your own restaurant
Cook in the hottest kitchens
Start the bakery of your dreams

FEED YOUR PASSION WITH A NEW CAREER

6-13 month award-winning career training programs
Real world experience through externship
85% of graduates who want a job, get a job*
Flexible morning, afternoon, evening & weekend classes

Culinary Arts, Pastry & Baking Arts, Culinary Management, Hospitality Management

iceculinary.com/METRO | (888) 241 - CHEF

*2009-2011 ACCJC (Accredited) annual report. Employment rate is 80% of 1,728 students available for employment. Over the last three years, 100% of students who were employed full-time were employed in their field of study. For individual program completion and placement rates, please see that program's "Initial Employment Disclosure" information.

TIRED OF THE LONG COMMUTE?

stern + associates
Public Relations • Advertising • Digital

MAKE A MOVE THAT MATTERS

Are you passionate about the media? Do you have business-to-business public relations or marketing experience? In search of a new career opportunity – without a hectic commute to the city?

You could be the right match for our high-profile roster of business-to-business thought leadership clients and our collaborative team.

Visit us online to learn more!

- Best Place to Work**
- Career Growth**
- Comprehensive Benefits**
- Work/Life Balance**

11 Commerce Drive | Cranford, NJ 07016
www.sternassociates.com/newcareer

Best Places to Work NJ 2012

myletters&games

Horoscope**19 Capricorn Dec. 22-Jan. 19.**

Even though your instincts are usually good, you should rely solely on your logic today. This is especially true concerning anything that you're trying to promote or sell.

20 Aquarius Jan. 20-Feb. 19.

Unbeknownst to you, something opportune is developing behind the scenes that will most likely produce definite benefits. However, its full results won't be felt until later.

21 Pisces Feb. 20-March 20. An objective that you previously felt was important could begin to lose its appeal due to another aim that is now capturing your fancy becoming far more meaningful.**22 Aries March 21-April 19.**

Whether you need to extricate

yourself from a problematical arrangement or turn a losing situation into a winner, you have the ability to do either. You just have to believe in yourself.

23 Taurus April 20-May 20.

Don't let your wonderful gift of being able to grasp facts quickly and accurately go unused. Mingle with people who can teach you what you need to know.

24 Gemini May 21-June 20.

There is no need to be wishy-washy about elevating your aim if that's what is needed. You'll never know how high you can score if you don't try.

25 Cancer June 21-July 22.

Your first thoughts aren't always your best ones, so it behooves you not to jump to conclusions. Take plenty of time to weigh and balance anything critical or important.

26 Leo July 23-Aug. 22. Although you take all of your duties seriously, you know better than most that there's always the possibility for error. Mistakes could arise when working with someone who needs detailed help.

27 Virgo Aug. 23-Sept. 22. A better understanding can be achieved with someone whom you haven't yet figured out. Turn this acquaintance into a close friend by getting to know each other.**28 Libra Sept. 23-Oct. 23.**

Even if it takes you a while to get into full gear; once you do, chances are you will accomplish something of tremendous worth that will make you and others quite proud.

29 Scorpio Oct. 24-Nov. 22.

It might pay to set aside your usual agenda and give your mind and body a rest from all

your worldly affairs. Instead, do something that's frivolous.

30 Sagittarius Nov. 23-Dec. 21.

Your financial aspects look to be especially good. If you have anything important pending, this might be the day to try to close the deal, if at all possible.

BERNICE BEDE OSOL**Letters****Put the US stamp of approval on carbon taxes**

After asking at the post office to see the choices in "Forever" stamps, I bought the "Go Green" set. Each stamp has a piece of advice: Choose to walk, ride a bike, use public transportation, share rides, maintain tire pressure, insulate the home, adjust the thermostat, use efficient light bulbs, fix water leaks, turn off lights not in use, let nature do the work (with a picture of a clothesline), compost, plant trees, buy local produce, reduce bags and recycle more.

Well said. Too bad the post office can't add: "Lobby Congress to pass a fair but tough carbon tax."

PAUL EMILE ANDERS,
VIA E-MAIL

people on food stamps (EBT cards). We have 47 million people who contribute zero tax dollars to the federal government. We are \$16 trillion in debt and climbing.

President Obama will not cut spending. The best solution to this nightmare is to raise the taxes on the wealthy — that will solve everything.

Tax the only group of people that are successful.

When you take away people's spirit to work hard and succeed, you quickly become a nation in decline. President Obama's plan is working.

JOHN MC LAUGHLIN,
VIA E-MAIL

You don't need guns as long as your security detail is armed and ready

I'm surprised no one has mentioned the hypocrisy of the celebrity "gun control" advocates.

The same celebrities who advocate gun bans benefit from armed security surrounding them and protecting their mansions.

Celebrity children also benefit from armed guards in schools while they criticize the NRA for wanting the same thing. And no gun control rally is complete without armed police protection.

ROCCO LORE, VIA E-MAIL

The tax man cometh — but only to the successful

Someone, please help me understand what happened to our country. We have more than 23 million people out of work.

We have 45 million

SUDOKU: EASY

						7	5	4	3
9							4		
	8					9	6		
						6		5	2
			7			8		6	
1	6	4					5		
8						5	1		7
						7			4
	2	1	6	4					

Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

E-mail your letters:
letters@metro.us

Keep them as brief as possible, preferably under 100 words. Metro reserves the right to edit all letters. Please include your name and contact information.

To advertise — phone: 212-457-7735; email sales: advertising@metro.us

METRO NEW YORK | Editor in Chief: Tony Metcalf, tony.metcalf@metro.us | **Editor in Chief:** Tony Metcalf, tony.metcalf@metro.us | **Managing Editor:** Amber Ray, amber.ray@metro.us | **City Editor:** Allen Houston, allen.houston@metro.us | **Sports Editor:** Mark Osborne, mark.osborne@metro.us | **Books/Parenting/Crossword/Travel Editor:** Dorothy Robinson, dorothy.robinson@metro.us | **Home/Style/Food Editor:** Tina Chadha, tina.chadha@metro.us | **Film/Tech/Dating Editor:** Heidi Patalano, heidi.patalano@metro.us | **Wellbeing/Going Out Editor:** Meredith Engel, meredith.engel@metro.us | **Music Editor:** Pat Healy, pat.healy@metro.us | **Careers/Education Editor:** Monica Weymouth, monica.weymouth@metro.us | **Copy Chief/Theater Editor:** Tracie Michelle Murphy, tracie.michelle.murphy@metro.us

As the world's largest global newspaper, Metro has more than 17 million readers in over 100 major cities in 17 countries • Metro New York 120 Broadway, New York, NY 10271 • main: 212-457-7790 • sales fax: 212-952-1505

National and Executive Sales Director Ed Abrams • U.S. Circulation Director Joseph Laletta • U.S. Marketing Director Wilf Maunoir • e-mail sales: advertising@metro.us

Advertisements appearing in Metro are published in good faith. Metro does not endorse and makes no representations about any of the advertising content appearing in its pages. Metro is not responsible for any loss or damage whatsoever resulting from readers using the services of its advertisers. Readers should exercise caution when replying to advertisements, especially those which require any form of payment, and, where necessary, should seek independent legal advice.

Rangers schedule**Season opener****VS.**
**Sat. Jan. 19
at Boston
7 p.m.****DATE OPPONENT TIME
JANUARY**

SAT. 19 AT BOSTON 7 P.M.
SUN. 20 PITTSBURGH 7 P.M.
WED. 23 BOSTON 7:30 P.M.
THU. 24 AT PHILADELPHIA 7 P.M.
SAT. 26 TORONTO 7 P.M.
TUE. 29 PHILADELPHIA 7 P.M.
THU. 31 PITTSBURGH 7 P.M.

FEBRUARY

SAT. 2 AT TAMPA BAY 7 P.M.
TUE. 5 AT NEW JERSEY 7 P.M.
THU. 7 NY ISLANDERS 7 P.M.
SUN. 10 TAMPA BAY 7:30 P.M.
TUE. 12 AT BOSTON 7:30 P.M.
THU. 14 NY ISLANDERS 7 P.M.
SUN. 17 WASHINGTON 6 P.M.
TUE. 19 MONTREAL 7 P.M.
THU. 21 AT OTTAWA 7:30 P.M.
SAT. 23 AT MONTREAL 7 P.M.
TUE. 26 WINNIPEG 7 P.M.
THU. 28 TAMPA BAY 7 P.M.

MARCH

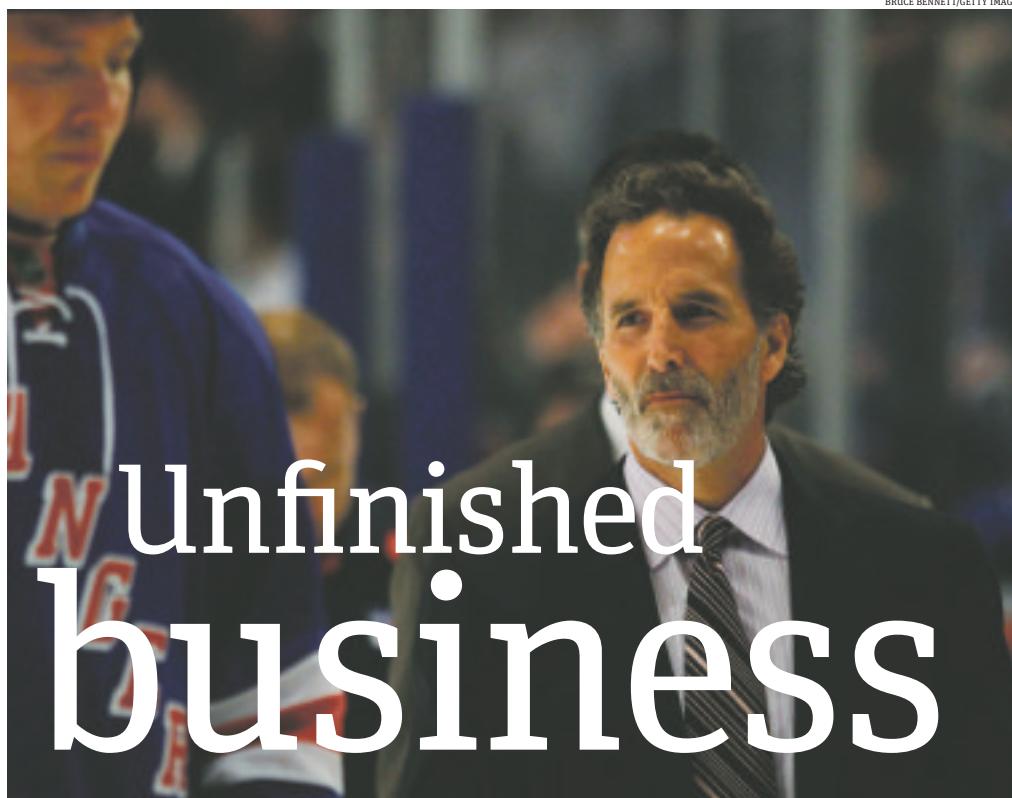
SUN. 3 BUFFALO 7:30 P.M.
TUE. 5 PHILADELPHIA 7:30 P.M.
THU. 7 AT NY ISLANDERS 7 P.M.
FRI. 8 OTTAWA 7 P.M.
SUN. 10 AT WASHINGTON 12:30 P.M.
TUE. 12 AT BUFFALO 7 P.M.
THU. 14 AT WINNIPEG 8 P.M.
SAT. 16 AT PITTSBURGH 1 P.M.
MON. 18 CAROLINA 7 P.M.
TUE. 19 AT NEW JERSEY 7 P.M.
THU. 21 FLORIDA 7 P.M.
SUN. 24 WASHINGTON 7 P.M.
TUE. 26 AT PHILADELPHIA 7:30 P.M.
THU. 28 AT OTTAWA 7:30 P.M.
SAT. 30 AT MONTREAL 7 P.M.

APRIL

MON. 1 WINNIPEG 7 P.M.
WED. 3 PITTSBURGH 7:30 P.M.
FRI. 5 AT PITTSBURGH 7 P.M.
SAT. 6 AT CAROLINA 7 P.M.
MON. 8 AT TORONTO 7 P.M.
WED. 10 TORONTO 7:30 P.M.
SAT. 13 AT NY ISLANDERS 7 P.M.
TUE. 16 AT PHILADELPHIA 7:30 P.M.
THU. 18 FLORIDA 7 P.M.
FRI. 19 AT BUFFALO 7 P.M.
SUN. 21 NEW JERSEY TBD
TUE. 23 AT FLORIDA 7:30 P.M.
THU. 25 AT CAROLINA 7 P.M.
SAT. 27 NEW JERSEY TBD

NEW YORK RANGERS – 2013 TEAM PREVIEW

- Nash addition gives further potency to offensive attack
- Cup favorites know they still have much left to prove



Unfinished business

Quoted

"He's a hell of a player. We're very happy he's with the [Rangers] organization."

JOHN TORTORELLA, HEAD COACH ON RICK NASH

The Rangers may enter the season as prohibitive Stanley Cup favorites, but at yesterday's first day of training camp they were busy getting acquainted with a set of "new guys."

"New kids, new kid in the corner," a grinning Derek Stepan said as he nodded across the dressing room toward the stalls of Jeff Halpern, Rick Nash and Taylor Pyatt. "It's good. All three of them, they fit in pretty well."

Following a season in which the Rangers reached the Eastern Conference finals for the first time since 1996-97, general manager Glen Sather bolstered the team by acquiring Nash from Columbus in a blockbuster trade, while signing Halpern, Pyatt and Arron Asham as free agents.

"They're going to add a lot to this team in a lot of key areas. The organization did a great job in filling [holes]," Stepan said. "The big kid on the block [Nash], he brings so much to the table."

Even though the trio of Asham, Halpern and Pyatt will play vital roles, Nash

was the centerpiece.

Nash wowed his teammates and onlookers at the first day of camp, most notably when he beat Henrik Lundqvist in a one-on-one drill with a wrist shot over the reigning Vezina Trophy winner's glove.

"I know how good of a player he can be so we're really excited just to have him in our lineup and add a little something extra," Dan Girardi said. "I'd rather play against him in a scrimmage any day than in a game."

Denis Gorman
sports@metro.us

Breaking down the Blueshirts

The word most closely associated with the Rangers prior to the 2011-12 season was potential. Now, that word is power.

The Rangers took a major step forward last season by compiling an Eastern Conference-best 51-24-7 mark before being eliminated by rival New Jersey in six games of the Eastern Conference final.

It is not quite Cup or bust on Broadway, but there is no doubt the Rangers have their sights set on winning the franchise's fifth Cup.

► Goaltending

Henrik Lundqvist and Martin Biron are among the league's premier goaltending tandems. Lundqvist's remarkable 2011-12 campaign (39-18-5, 1.97 GAA, .930 save percentage) earned him the Vezina Trophy.

► Defense

It's among the best units in the NHL. The top pairing of



► McDonagh

future Norris Trophy-winner Ryan McDonagh and all-star Dan Girardi is set. The duo earned John Tortorella's trust after he put them together early last season. The Marc Staal-Michael Del Zotto second unit provides strong own-zone play with the ability to contribute offensively.

► Offense

The summer acquisition of Rick Nash should give the Rangers as good a collection of Top 6 forwards as any in the NHL. The possibility exists that Nash-Brad Richards-Marian Gaborik would make up the top line. Richards is among the preeminent setup centers in the league.

This week:

Islanders



Is there hope for a fallen franchise?

TUESDAY

Devils



How do they fill loss of Parise?

WEDNESDAY

3

NFL playoffs**Falcons win epic showdown, Pats hold on late**

The championship games are set, as the Patriots and Falcons came out on top yesterday in a romp and a heartbreaker, respectively.

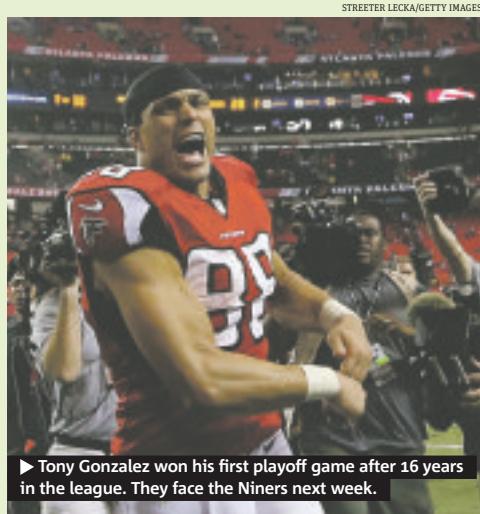
► Atlanta 30, Seattle 28

Matt Ryan got his first career playoff win, but it was far from easy.

The Seahawks trailed 20-0 at the half, but rallied for what looked like an epic victory.

Russell Wilson marched 61 yards in seven plays and Marshawn Lynch took it in from two yards out to give the Seahawks a 28-27 lead with 31 seconds left. But that was all Ryan needed.

Ryan threw a 22-yard pass to Harry Douglas and a 19-yard pass to Tony Gonzalez to set up the game-winning 49-yard field goal from Matt Bryant with eight seconds left.



► Tony Gonzalez won his first playoff game after 16 years in the league. They face the Niners next week.

The Seahawks got one last chance, but their Hail Mary was intercepted in the end zone.

They will face San Francisco next week in the NFC Championship game.

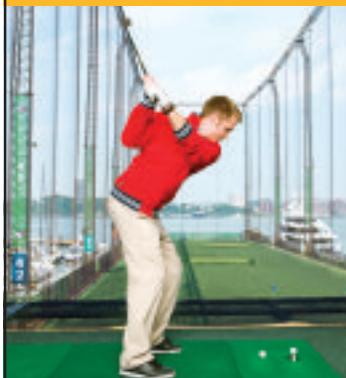
► New England 41, Houston 28

The Patriots didn't have quite as easy a time with the Texans as they did in the regular season, but

they put together 21 unanswered points in the second half and held on for the win.

Tom Brady threw for 344 yards, three touchdowns and zero interceptions in the win. Houston scored two touchdowns in the fourth quarter, but it wasn't enough. New England will host Baltimore next week.

● MARK OSBORNE

WHERE THE SEASON NEVER ENDS**Full Service Golf Academy**

PGA & LPGA teaching professionals
Private lessons and golf schools

Golf Outings & Events

2 dedicated event and meeting spaces,
Full Swing simulators, on-site catering

Year-round Driving Range

52 weather-protected stalls
Automatic ball tee-up, 200-yd. fairway

Enjoy off-peak rates on
the driving range all day,
Monday through Friday!

Offer expires 2/28/13.



TOMMY HILFINGER GOLF
OFFICIAL SPONSOR

212.336.6400 • www.chelseapiers.com/gc

Knicks getting an unexpected spark courtesy of rookie

► Chris Copeland emerges from nowhere into starting lineup ► Starts, scores 22 vs. Hornets

The Knicks entered Sunday's matinee against the Hornets on a rare three-game skid, and in need of some offensive infusion. They got it from an unlikely source — 28-year-old rookie Chris Copeland.

The Orange, N.J. native made just his fourth career start and took advantage of his minutes in helping the Knicks hold off a feisty Hornets team, 100-87. Copeland, who was the last man to make the Knicks' roster following a competitive training camp, tallied 22 points.

"It's huge [the win], but we were very confident coming into this game that we were going to get this win," said Copeland. "We were locked in early."

New York (24-12) ended their longest losing streak under Mike Woodson by turning to Copeland almost out of necessity. Both Marcus Camby and Rasheed Wallace are battling foot injuries and are out indefinitely, the scoring load is being placed almost entirely on Carmelo Anthony and Amar'e Stoudemire is still working his way back.



► Copeland spent four years at Colorado, but never averaged more than 12.1 points per game in a season.

it all paid off. It was a great win."

Woodson was certainly impressed with his rookie, which is a big accomplishment considering the coach rarely trusts younger players.

"I thought Cope was great," said Woodson. "You give him an opportunity to start again and he stepped up and made plays offensively. He was just great."

"My teammates, they were out there looking out for me on the floor and telling me to be aggressive," Copeland said. "And

To place an ad call Jennifer Clark at 646-792-8042 or email jennifer.clark@metro.us
DIRECTORY
Legal Services



Over 60 Years of Experience
DINERMAN BERGAM & DINERMAN
ACCIDENT?
ALL ACCIDENT CASES HANDLED
Car/Bus/Train • Slip/Trip and Fall • Elevator • Real Estate
150 BROADWAY NYC • (212) 267-7575
Free Consultation ASK FOR MARIA Hablamos Español

DIAL A DANCER
Private/Corp. Parties
Superbowl Parties
Limousine Rides
Atlantic City Trips
Male/Female Dancers
All Acts/All Shows 24/7
Call 800-414-7808
www.dialadancer.com

FREE 15 MINUTE PHONE PSYCHIC READING
Psychic Nadia 5th generation
Psychic - Life coach.
Answers questions concerning love,
marriage, relationships, business & career.
Helps reunite lovers with more passion,
commitment.
Transforms heartache into happiness
Real Answers for Real Results.
Call for your FREE phone reading today!
1-888-420-3015 • www.romareadings.com

Medical Research

Check out Metro's Online
Medical Research Directory
at www.ziptrials.us

To place an ad call Brett Lurman at
212-457-7753 or email brett.lurman@metro.us



Are you SUFFERING FROM DEPRESSION SYMPTOMS?

Depression symptoms may include:

- Persistent sadness
- Loss of interest in usual activities
- Fatigue
- A sense of hopelessness
- Changes in eating habits

If you have any of these symptoms, you may want to explore your options.

Call us to learn about participating in a research study of an investigational depression medication.

To qualify, you must:

- Be an adult up to 65 years of age
- Be currently experiencing depression symptoms

Qualified participants will receive:

- All study-related medical care and study medication at no cost
- Possible compensation for their time and travel

For More Information
Call Toll-Free **800-993-8502**
or visit www.comprehensivedc.com

Are you experiencing depression SYMPTOMS?

Have you tried one or more anti-depressant medications that

failed to relieve your symptoms?

If so, please contact us about participating in our **CLINICAL RESEARCH STUDY** of an investigational drug taken with an anti-depressant medication.

QUALIFIED PARTICIPANTS MUST:

- Be 18 to 65 years of age
- Have been experiencing depression symptoms for at least 8 weeks
- Have taken one or more anti-depressant medications that failed to relieve their depression symptoms

For more information, call
Medical & Behavioral Health Research, PC 1-888-317-6262

Interested in being a part of a ground breaking **research study** in preventing loss of thinking abilities and **preventing Alzheimer's disease?**

Do you think your memory and thinking abilities have declined compared with 5 to 10 years ago?

Are you a healthy adult between the ages of 60 and 80?
If so, you may be eligible for an **exciting new study**.

What's in it for you?

Quality follow-up including Clinical Medical Exams, Neurological Exams, blood work, brain MRI and PET scans at no cost to you.

You may also receive treatment with medicines that produce new brain cells and improve memory and functioning as clinically shown in patients who have suffered from stroke and depression, among other conditions that affect memory related abilities.

To see if you qualify, please reach us at:

*Brittany Cerbone, Coordinator NYU Comprehensive Center on Brain Aging
Email: Brittany.cerbone@nyumc.org | 212-263-5845 or 212-263-5708*

NYU School of Medicine
NYU LANGONE MEDICAL CENTER

Principal Investigator: Barry Reisberg, M.D.
Professor of Psychiatry
NYU School of Medicine

**Get PAID
to help find
a cure!**

ZipTrials.us
Powered by metro

Participate in local clinical trials at
www.ZipTrials.us

Are you a Gulf War Veteran or Gulf War-Era Veteran?



You may be eligible for a **research study** examining the long-term effects of deployment. Study involves interviews, questionnaires, and laboratory tests over approximately six visits. If eligible, you will be reimbursed for your time and expenses.

Research takes place at the Bronx VA Medical Center and the Mount Sinai School of Medicine.

For information, call **Markay Hopps or Melissa Rothstein at (718) 584-9000, x. 6567/6587**

PI: Julia Golier, MD; VA Project # GOL-11-056
VA IRB approved through 6/6/2013

THE CITY UNIVERSITY
OF NEW YORK
138TH & BROADWAY



RESEARCH STUDY

**HAVE YOU SUFFERED A TRAUMA?
DO YOU USE ALCOHOL OR DRUGS TO COPE?**

**Free, one on one counseling
An opportunity to receive compensation**

**RESEARCH TREATMENT STUDY AT THE CITY COLLEGE OF NEW YORK.
INDIVIDUAL THERAPY SESSIONS.
SUPPORTIVE AND CONFIDENTIAL ENVIRONMENT.**

Call for a FREE evaluation:

212-650-5177

NYU School of Medicine
NYU LANGONE MEDICAL CENTER

The Ronald O. Perleman Department of Dermatology

DO YOU HAVE PSORIASIS?

Medical researchers are now looking for volunteers to take part in a clinical trial for people with moderate-to-severe Psoriasis.

This study will test the safety and efficacy of an investigational medication. Participants may be compensated.

**For more information contact:
212.263.6881
Dermpharm@nyumc.org**

DIRECTORY

Health & Beauty

To place an ad call
Jennifer Clark
at 212-457-7834 or email
jennifer.clark@metro.us

**New Management & Staff
24 HRS
SPA Valley**

212.779.1250

**ASIAN BODYCARE
GENESIS SPA
718.777.2434**

**GRAND OPENING
EAST VILLAGE
OPEN LATE
917.261.6325
54 E 10TH ST BET 3RD & 4TH**

**GRAND OPENING
ASIAN BODYCARE
718.777.2889
29-39 ASTORIA BLVD QUEENS**

**GRAND OPENING
Point Me!
Asian Bodywork
1st Ave & 55th St
646.896.1957**

Monday, January 14, 2013

metroclassifieds

IMPORTANT INFORMATION:
All classified advertising is subject to the terms and conditions of the applicable Metro Classified rate card and to approval and acceptance at Metro U.S. rates. Metro U.S. reserves the right to reject, cancel or reduce any ad and reserves the right to convert any classified advertising to alternative formats for use and publication in other Metro U.S. publications. It is the advertiser's sole responsibility to check each ad the first day it is published. Metro U.S. assumes no responsibility for any reason, for any error or omission in any ad.



Healthcare

Mercy Home, an agency with a long standing history of providing services to persons w/ DD in residential group homes.

• Direct Care
HS Diploma/GED
Masters
BA/BS 23 yrs exp.
R.N.

Licensure RN in NYS
All positions req. NYS Drivers Lic.
evenings, weekends & holidays!

Join us at our

JOB FAIR- JANUARY 17, 2013

10 AM - 2 PM

KEVIN KEATING
132-21 Brooklyn Blvd.
Rosedale, NY 11422

For add'l info call 718-332-1075

Ext 125. EOE

Jobs

Customer Service

LOBBY STAFF NEEDED

START IMMEDIATELY FT/PT
ALL SHIFTS
NO EXP REQUIRED
UP TO \$17 P/H
BENEFITS
INTERVIEWING ASAP
CALL: 646.998.5980

Healthcare

FREE HHA TRAINING
Immed Jobs in 5 Boro's Open Hse
Tues. 3p, Walk-in Wed. Thurs. 9a-4p
224 W35 ST #705 916-4008
XINCON HOME HEALTH CARE

ADL Institute Offers Home Health
Aide & CNA Training. We offer
Placement assistance for all grads,
PT/FT & evening classes. 718-349-8033

Mental Health Assistant-Please note
FT & Part-time available
Job interview location: Bronx II
1440 Morris Avenue 10th floor, Box
(201) 286-2551

IMMEDIATE
LPN's
With LTC experience needed in
BROOKLYN
OPEN HOUSE MON 1/14 9am-4pm
4714 FT HAMILTON PKWY
GRT PAY HEALTH BNFTS
For info call 718-334-7400 ext 128
Choylan@fstaffinginc.com


Access Careers, Bklyn
25 Elm Pl., #201, Brooklyn, NY-11201
» Nurse Aide (CNA)
» Patient Care Tech (PCT)
» EKG & Phlebotomy
» Pharmacy Technician
» Medical Billing & Coding
» MS Office/ Accounting
» ESL / CPR
♦ Lowest Tuition Fees in the State
♦ Financial Aid, Scholarship Available if Qualify
♦ Easy Payment Plans
♦ Onsite State & National Examination
♦ Morning, Evening & Weekend Classes
Call Now: 866-487-5432
(Close to Subway A, C, D, 2, 3, 4, 5, Q, R, G)
www.AccessCareers.Edu | Licensed by the state of New York


JOBS
Training @ Access
CNA • Medical Assistant • HHA - Home Health Aide
EKG / PHLE / Pharmacy Tech / ESL / LOANS
CNA Free Training, If Eligible
Bookkeeping • Quality Analyst • Business Analyst
Solar Technician • Advanced Computer Courses
Call 718-263-0750
STUDENT VISAS @ LOW COST
On Queens Blvd Next to (E, F) Subway Stn. • 8002 Kew Gardens Rd, Queens, NY
www.accessqueens.com

General Help Wanted

ADVANCE TODAY
COME JOIN US!
\$900-\$1400 WKLY AVG
START IMMEDIATELY
Fun positive atmosphere, no exp
required. Training provided
718-210-3642

General Help Wanted

Office Assistant Needed
Dynamic/Reliable/Responsible
Call 212.869.1432

**General Helper
Needed**
Dynamic/Reliable/
Responsible Call 212.398.3312

Airport

swissport

Swissport the leader in the airline
service industry seeks:

Cargo Warehouse Agents
Cargo Office Agents
Cargo Supervisors
Previous experience in
cargo/Leadership skills

Full Time Permanent Positions
HS Diploma & Drivers License req'd.
Must be flexible for schedule
including weekends.

OPEN HOUSE
Monday, January 14th, 2013
8:30am - 2:30pm
DoubleTree Hotel-JFK Airport
135-30 140th St., Jamaica, NY 11436

Directions: Take E train to Sutphin
Blvd. then take Q40 bus to last stop
(DoubleTree Hotel-JFK Airport).
Equal Opportunity Employer

Customer Contact Openings!!!
Full-Time ONLY/MUST PASS
BCHECK
No EXP Needed/Training Prov
\$300-\$500W DOEP
Call Danielle 917-525-2695

General Office Clerk - Bklyn Manu-
facturing Co. Perform office duties.
Must have admin/ computer skills.
Fax res: 718-272-1855

*** FABRICATOR/FITTER ***
Job Shop Exp. Heat exchangers,
tanks, blueprint reading req'd. 5 yrs
exp. Brooklyn loc. 718-434-1300

Satellite Tech Installs/Service
for DirecTV or Dish Network. Top
pay. \$100 Bonus for techs w/Exp.
Call 1-888-701-7700

Transportation / Travel

DIESEL & GASOLINE MECHANICS

School Bus Co. Full & Part time.

Union Shop Apply in person.

1 Coffey St., Brooklyn, NY 11208

DRIVER RECRUITMENT

Class B CDL, local deliveries,

50 year established distributor.

Apply in person: Norman D. Lifton

Co. 315 East 3rd St., Mt. Vernon, NY

DRIVERS: CDL Class B license a

must. Must know Brooklyn and

Queens. Full-time high pay. Call

718-988-2300 Ext 205

DRIVERS WANTED FOR A very busy

Bklyn car svcs. Good bookings,

days/nights/wknds. All shifts avail.

Must have LIC. Call 347-5977/48

DRIVERS WANTED

Experienced mechanics. FOREMAN

5 yrs min exp to run truck job. Certif

WELDERS, gas piping & boilers,

40K, paid vacation/holiday, salary com-

mensurate w/exp. Fax 718-848-8002

THINK BIG. THINK STABLE.

Think Martin-Brower.

We are the world's largest distributor

of products to the world's largest

restaurant chain. Our strong,

growing organization is seeking:

CDL DRIVERS - CLASS A

The drivers we select will have 2

years tractor-trailer experience.

Requirements include a current, valid

Class A CDL Driver license; the ability

to unload loads at customer sites

by hand or with dolly & ramp, and

move items frequently weighing up

to 85 lbs.; high school diploma or

equivalent; & the ability to work any

shift & set of days, incl. nights.

Martin-Brower offers competitive

wages & benefits, including compo-

nent pay with the capacity to earn

\$60K+year, insurance, 401(k), and

retirement plan, home daily, free

uniforms, safety shoe allowance, and

onboard computers. Learn more and

apply at www.martinbrower.com or call:

1-877-MB-HIRES ext. 101

Must pass pre-employment background

check, drug screen, medical exam,

AAP, EEO, M/F/H/D, Drug-Free

Workplace. Reasonable accommodations

may be made to enable individ-

uals with disabilities to perform

the essential function of a position.

email resumes to

anthonyadams0012@gmail.com

IF INTERESTED

Legal Notices

NOTICE OF FORMATION

of Netra Technologies of
New York LLC Art. of Org.
filed with the Secy. of State
of New York (SSNY) on
12/14/2012. Office location:
New York County. SSNY
designated as agent of LLC
upon whom process against it
may be served. SSNY shall mail
process to: LLC c/o 112 West 34th Street,
17th Fl. New York, NY 10120
Purpose: any lawful activity.

NOTICE IS HEREBY GIVEN

that a license, Number 1267874
for Liquor, Beer & Wine has been
applied for by the undersigned
to sell Liquor, Beer & Wine at
retail in a Restaurant under the
Alcoholic Beverage Control Law
at: 2013 Murdoch Ave.,
St. Albans, NY 11412 for
on-premises consumption. Francis
Family Inc. d/b/a 729 Bar & Grill.

Careers

Want to work in Healthcare?

Get your copy of the Healthcare Career
Guide Learn about opportunities,
and helpful tips to get you started.
Call now, to get your copy!
877-440-5333 • Sanford-Brown Institute
New York, NY • White Plains, NY • Garden City
Licensed by the New York
State Education Department
sanfordbrown.edu
Programs vary by campus

NOTICE IS HEREBY GIVEN

that a license, serial # 1267924,
for Liquor, Wine & Beer has been
applied for by the undersigned
to sell Liquor, Wine & Beer at
retail in a restaurant under the
Alcoholic Beverage Control Law
at 149 North 6th St. Brooklyn,
NY 11211. Kings County, for on
premise consumption. Biblio Inc.

Career Training

Security - LEA, 8 hour pre employ-
ment class & 8 hours annual for \$25.
16 on the job for \$50. Fire guard prep
course. Call for info 347-297-7224

ACE INSTITUTE OF TECHNOLOGY NEW CAREER OPPORTUNITIES

Medical Assistant CALL for Low Price
EKG Technician \$450
Phlebotomy Tech \$450
Medical Billing \$600

PC Technician [A+] \$500
Computer Networking [MCITP/MCTS]
CISCO Admin [CCNA/CCNP]

FINANCIAL AID AVAILABLE
For Select Programs if Qualified

www.acecareer.edu
Manhattan 212 695 9700 CLASSES
Queens 718 575 3223 STARTING SOON NOW

Now is the time...

You Still Can Obtain Your
Associate's Degrees and GED
at the same time
Associate's Degrees:
- Accounting - Business Management
- Office Technology
(212) 226-7300 CLASSES BEGIN JANUARY 23

NEW CAREER READY PROGRAMS

- Hospitality Management
- Office Specialist/ Security Management
- Customer Service Relationship Management
- Business Interpreting
- Administrative Office Specialist
- Business Accounting Specialist
Federal & State Financial Aid Available, If You Qualify
PROFESSIONAL BUSINESS COLLEGE 489 BROADWAY 2FL., NEW YORK NY 10013
Certificate Programs Incl. All Full-Time (160 hrs.) and Part-Time (80 hrs.) Employment Based

IN A DAY
In a Day

Monday, January 14, 2013

metroclassifieds



**Make 2013 Your Year!
There's Still Time!**

**SPRING SEMESTER STARTS JAN. 28TH!
ENROLL NOW!**

Court Reporting (CART & Closed Captioning)

Paralegal • Medical Office Specialist

Call 1•866•362•8824 • nyci.edu

Day & Evening Classes • Degree & Certificate Programs



NEWYORK
CAREER
INSTITUTE

The College of Legal
and Medical Professions.

11 Park Place, NYC (across from City Hall)

For information about our graduation rates, the median debt of students who completed the program and other information, visit www.nyci.edu

Are you ready for
2013?
Did you come up with
**YOUR NEW YEAR
RESOLUTIONS?**

OUR PROFESSIONAL COUNSELORS
CAN HELP!

Come to us and you will get advice on **professional education and best careers** of 2013 and how to get better physically and spiritually.

1.877.380.5638 WWW.ASA.EDU

For required program disclosure information, please visit our website at www.asa.edu/disclosure.asp



**Real
Estate/Sale**

Delaware Co., 13 acres w/lrm cabin. Open & wooded. Road frontage on county hwy. Priced right at \$26,900. Owner finance. \$600 down. \$581/mo. Call Bill Hunt, Sidney, NY 607-563-1993

Castle Hill 2 Fam 32 Br's, fin bsmnt \$415. Soundproof. 4 fam brk semi-cff bsmnt, drwy. 30/20 Br's. \$45K. Call Agent 646-269-7316

CORONA \$350,000
2 fam, 33, drwy, 2 full baths. full
fin. basement. Hablano's esqool.
Call Maybell 718-300-7057

HOLLIS 1 family, brick, off'd.
3 BRs, 2 bath. \$20K.
Southland Douglas R.E. 347-647-2388

SPRINGFIELD GRDN\$ brand new
constr 2 Fam brk off pvt drwy, 6 Br
3 new kits w/ granite 5 marble ba, fin
bsmt, gar no cc's. Owner 917-841-0373



HUNTS POINT off Garrison Ave
Well maintained rent stabilized bldg
1st mo rent free 2br \$1,157/mo.
3 br \$1,274/mo. Agt. 718-657-1085

* HUNTS PT * Morrisania *

1/2, 3 Br Apts available. Some Sec 8
FREE credit check. Broker 718-378-4456

Apartments

Fordham Hill & Yankee Stadium
APTS from \$899
Call Rental Office 646-291-6529
NO FEE RentTheBronx.com

Apartments

* FORDHAM # 4585 Park Ave ★
★ 1 BR APT \$850 SPECIAL ★
Jerome Associates 718-367-8816

Essex County, New Jersey
APTS FROM \$991
1 MONTH FREE
973-899-9143 NO FEE
www.MapleGardens.com

Apartments

FORDHAM★ SEDGWICK AVE
Well maintained rent stabilized bldg,
1BR \$950. 1st mo rent free. No Appt.
necessary. Call Agent 718-657-1085

* Allerton Ave Area ★ 2 Br Apt, sep
entr nr. # 2 & 5 trans, shops \$1400
H & HW incl, no smoking/no pets 1
mo mo 1 mo sec owner 718-324-4729
Parkchester/Gar Concourse/Boston Rd.
1, 2, 3 BR apt's, walk-up bldg. Renov
Kit/Bth, nr Trans & School. Sec 8 OK.
Owner Roberto 914-632-1230

Southern Bronx Locations Immediate
Studio, 1, 2 & 3 Br Apts. Newly
Reno Units. Lge Open Fr. Space.
\$820/mo & up. Owner 718-617-5800

Bed Stuy, Canarsie & Other Areas
Studios - \$950+, 1 Br - \$1100+, 2 Br
\$1250+, 3 Br - \$1600+.
BROKER 646-372-8924

Brownsville Newly Renovated. 2 Br
Apt, \$1400 per mo. utilities not included.
Close to Shops & Transp. 20
min to city Owner 718-809-6738

Clinton Hills 3 Br, 2 baths ----- \$3800

Prospect Park 1 Br ----- \$1650

E. N.Y. 3 Br ----- \$1650

Fulton St 2 Br ----- \$1350

Delmonico RE 718-484-8222

Crown Hts: Lefferts Av/Washington.
Well Maint. Rent stabl. bldg. Nr. shops

/trans. Fr. \$1150. 1br. \$1400-\$1450/mo.

1st 1/2 mo. rent free. Agt 718-657-1085

OPEN HOUSE:
TUES & THUR - 5PM - 7:45PM
SAT - 10AM - 1:45PM

718-412-4696

www.parkchestermyc.com

East Flatbush ★ 1 Br Unfurnished Apt ★

Call Owner 718-462-1777 Bet. 7pm-9pm

EAST FLATBUSH Ave H & 32nd St

1 Blk off Flatbush Nr. shops/trans. 1br

\$125. Well maint. rent stabl bldg. 1st

1/2 mo rent free. Agt 718-657-1085

E. FLATBUSH On Rockaway Pkwy/
Rufford Rd. Newly Renov. 2 Br apt
in quiet 4 fam hse, nr. drwy, non
smker. \$1400/mo. Owner 718-547-3718

ENY-Linden off Rogers. Near shops,
trans. 2br \$1350. Well maintained
rent stablized bldg 1st mo Rent
Free. Call Agent 718-657-1085

ENY-Pennsylvania Ave. Btw.
Interboro Pkwy & Atlantic. Well maintd.
rent stabl. bldg. Nr. trans. 1br \$1175.
1st. 1/2 mo rent free. Agt 718-657-1085

FLATBUSH EAST 17th off Beverly
Rd. Well Maintained Rent Stabilized
Bldg. 1 Br \$125/mo. 1st mo rent free.
Agt 718-657-1085

Rockaway Park Small furn 1 rm
Studio. Util. & cable inc. \$250/mo \$8/
VASH, HASA ok. Nr A train. Q38, 35
bus. Owner 917-539-9824, 718-474-4444

For Rockaway Wavecrest
Apts from \$870 - NO FEE!
Call 646-810-4993
www.RENTWAVECREST.com

RICHMOND HILL. Clean. Nice 2 BR
Apt on 2nd Flr. Gas & Elec. Inc.
Non-Smoker pref'd. On-Street
Parking. Call OWNER 718-805-4317

Springfield Gardens 2 brs, full bth in
1 rm. Credit check, \$1600 includes
cable & internet. Not incl. Avail
February 1st. Owner 718-528-1270

ST. ALBANS
Very large 1 br apt. in 2 family
home. \$120/mo. unf. not incl.
No pets. Call owner 347-804-0899

WHITE PLAINS RD off BAYCHESTER
Lge Room for Rent. cable ready. Own
Entrance. Share Bath. No pets.
Couples Welcome. Call Owner 914-964-6879

BEAUT HOTEL★FREE BREAKFAST/LUNCH
w/JACUZZI's from \$75-\$95 per night
★ credit cards accepted
315 93rd St. Bay Ridge 718-748-9995

CANARSIE
Furn Room For Rent. 1 wk rent +

2 wks sec. \$120/wk. Male pref'd.

No-smoker. Owner 718-541-0009

SHEIKH
SALEEM
917.254.6647

MYSTICAL AFRICAN

MEDIUM & SPIRITUALIST

SOLVES ALL

YOUR ISSUES,

LOVE SPECIALIST,

REUNITE LOVERS,

JOB SPOT RT.

LUCK,

BLACK MAGIC,

PROTECTION,

IMPOTENCY,

IMMIGRATION, ETC.

ENGLISH AND FRENCH

SPEAKING. QUICK RE-

SULTS

www.africanmedium.com

Commercial

BED-STUY - GROWN HTS
Schenectady & Sterling Pl
460sf, plus bsmnt, clean & ready,
\$900/mo. Brokers OK. No fee. Owner
Call Mon-Fri, 9am-5pm 718-601-1483

FLUSHING - NORTHERN BLVD
RETAIL SPACES AVAILABLE
137-02 Northern Blvd 1800 Sq Ft
136-14C Northern Blvd 1700 Sq Ft
136-39 37th Ave 4455 Sq Ft
Call Lisa for Info 718-939-4888

Rooms

All Manhattan/
Bronx

Furnished Rooms Available
To 1 Col. Cable/Tv/Internet
Toll Free 1-800-222-2685
Move In! Call us now:
(212)368-2685

Affordable Furnished Rooms
in Manhattan

Utilities Included
Same Day Move In
Cable, TV, Internet
No Credit Check
\$125 per week
Call 212-862-0457

Rooms

100's Available,
All Boroughs

Private Entry Bath Cooking
1 Person/2 Person \$125/wk/up
room rentals 212-697-3962

Services

BMW 530 XI 2006
White, leather beige int. New tires.
Maint by dealer. Nov. 6 CD, good
Condition. Ask \$18K. 347-242-9629

IQ TESTED

THE NEW YORK CITY TEST CENTER
offers for a limited time, free intelligence and personality tests.

Your IQ, personality and aptitude determine your future.

Know them. No obligations.

227 West 46th Street - New York City, NY

Phone: (212) 921-1210

Open 7 days a week from 9:00 am - 10:00 pm

©2007 CSNY. All Rights Reserved. SCIENTOLOGY and SCIENTOMETER are trademarks and service marks owned by Religious Technology Center and are used with its permission.

Careers

Careers

**HIGH SCHOOL
DIPLOMA FROM HOME**

6-8 weeks accredited

Get a Diploma! Get a Job!

No computer needed!!

Call 24/7 for free brochure

1-800-264-8330

www.diplomafromhome.com

Benjamin Franklin High School

Psychic

Sheikh
Saleem
917.254.6647

Mystical African

Medium & Spiritualist

Solves All

Your Issues,

Love Specialist,

Reunite Lovers,

Job Spot RT.

Luck,

Black Magic,

Protection,

Impotency,

Immigration, Etc.

English and French

Speaking. Quick Re-

Sults

www.africanmedium.com

For Sale

Miscellaneous

Sheikh
Saleem
917.254.6647

Mystical African

Medium & Spiritualist

Solves All

Your Issues,

Love Specialist,

Reunite Lovers,

Job Spot RT.

Luck,

Black Magic,

Protection,

Impotency,

Immigration, Etc.

English and French

Speaking. Quick Re-

Sults

www.africanmedium.com

For Sale

1-646-400-5270



Lose Weight &
Make Money &
Help Others Do
the Same



PerfectBodyForLife.com

ViSalusOverView.com

Call: 917-882-3136

ADORABLE YORKIE PUPPIES ♥
CALL TRACY 718 236-1515

ADORABLE YORKIE PUPPIES ♥
Adorable Toy & Teacup Sizes. Call 718-236-7567

ADORABLE YORKIE PUPPIES ♥
Adorable Toy & Teacup Sizes. Call 718-311-9977

YORKIE PUPPIES FOR SALE ♥
Toy & Teacup sizes. Call: 718-259-2295

Vehicles

CARS

BMW 530 XI 2006
White, leather beige int. New tires.
Maint by dealer. Nov. 6 CD, good
Condition. Ask \$18K. 347-242-9629

CARSIE

Buying Diabetic Test Strips
Nicotine Patches & Gum
All Day Pickup and
Drop off

\$\$ CASH PAID \$\$

Frequent BATHROOM TRIPS? Bell Ezee Flow Herbal Tea #4a

Men Natural nutritional support for urinary ease & comfort. Relief within 3-5 days from dribbling, discomfort, urgency, poor flow. Instead of getting up many times most need to get up only once or not at all each night. For many years a favorite for mature men. Good sleep helps to have more energy all next day. Also blood flows more easily where it counts for better sex life. Thousands of satisfied repeat customers. No side effects. We have literally hundreds of testimonials.

I was skeptical. I bought a box and it worked as advertised. Within a week I had relief. Howard Toy, 69, Henderson, NV **It's heaven to sleep through the night.** For many years I had 6-7 sleep interruptions every night. Had urgent trips to the bathroom day and night with discomforts. I enjoy my new life. Angus Pike, Oshawa, ON

I am truly amazed and relieved. After 2 weeks I no longer have to get up during the night. I'm enjoying a normal sex life again. I hope a lot of men with a pride issue give this tea a shot. It's difficult to express how delighted I am. Clarence A. Rehrig, 58, Allentown, PA

Know the truth. This is my third year of drinking the Ezee Flow Tea. I highly recommend it. A real life saver. Thomas M. Thurston, Forsyth, GA. **Women** suffering with incontinence, UTIs ask for Bladder Control Tea for Women #4b. Guaranteed relief within days. No need to make claims. Bell relays 100% truthful user's free speech. No money is paid for it. No questions asked guarantee.



#26

Blood Pressure Formulation

Dr. C. Hammoud M. H., PhD, recommends this natural, effective fish peptide product to nutritionally support the body's normal blood pressure function. *A science-backed herbal phytonutrient. Promotes flexible, relaxed blood vessels in healthy persons. *A one-of-a-kind formula that offers unprecedented nutritional support for your overall health and well-being. *We have thousands of repeat customers. Blood pressure is a focal point of cardiovascular wellness. *Achieve your balance and maintain your balance and a healthy range.

Bell Blood Pressure Formulation helped me feel great. Thank you for this wonderful product. William Oliver, Portsmouth, VA **I have been taking Bell #26 now for one year.** My mom and brother started taking it as well. Even my pastor is on it now. Thanks! Mary Earl, Longview, TX **I started to take Bell Blood Pressure Formulation Formulation #26.** After about 30 days my blood pressure was normal. My doctor was very happy with me. Irene Surridge, 67, Owen Sound, ON **A friend recommended Bell BP Formulation!** When a friend had good results I decided to try it. After taking Bell Blood Pressure Formulation #26. It made a difference in my life. Milton Perdomo, 68, Rego Park, NY. **No need to make claims.** Bell relays 100% truthful user's free speech. No money is paid for it. No questions asked guarantee.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

AVAILABLE IN MANHATTAN: New Life Nutritional Centre 714 W. 181 St. Cash Rx Plus 746 10th Ave. @ W 51st St Corrette Drugs 55 W 39th St @ 6th Ave. Cross County Pharmacy 1514 Madison Ave. @ 103rd Food For Health 1653 3rd Ave. New London Pharmacy 246 8th Ave @ 23rd St. A Matter of Health 1478 1st Ave. @ E 77th St. Ajanta Pharmacy 2718 8th Ave. @ 145th St Arrow Pharmacy 883 9th Ave. @ 57th St. Blake Pharmacy 1868 3rd Ave. @ 103rd St. Bliss Pharmacy 1590 Madison Ave. @ 107th St. C & C Nutrition 561 W 179th St. @ St. Nicholas Ave. Dile Punab Deli 170 9th ave @ 20th @ 21st ST. Harlem RX Pharmacy 102W. 116TH St. Health IS Wealth 184 7th Ave. Earth Matters 177 Ludlow St. @ Houston St. Elm Health 1695 1st Ave. @ E 88th St. Metro Drugs 7 West 14th St. near 5th Ave. Metro Drugs 931 Lexington Ave. @ 68th St. #92 Pharmacy 1938 2nd Ave @ E. 100th St. VLV Med Pharmacy 4085 Broadway St. Earth Matters 177 Ludlow St. @ Houston St. Gary Null's Uptown Whole Foods 2421 Broadway St. Health Harvest 820 2nd Ave. Natural Green Market 162 3rd Ave. Pro Health Pharmacy 385 2nd Ave. Pro Health Pharmacy 370 Lexington Ave.

AVAILABLE IN ALL BOROUGHS OF NEW YORK CITY CALL US FOR FURTHER INFORMATION:



In other towns try your local health food stores first. If they don't have it and don't want to order it for you, order on our website or call us with Visa or Mastercard. S & H \$9.95.

CLEAR SKIN

Dr. C. Hammoud, Master Herbalist, PhD, guarantees satisfaction. Helps to maintain healthy skin from the inside simply by cleansing the blood, instead of attacking the skin from the outside with creams or washes. *This makes sense. Usually you can see how it benefits your skin within days. *Many people wrote they were surprised how fast it worked. Lots of testimonials from pleased users on our Bell website. There is absolutely no risk for trying Dr. Hammoud's product.



#60

Last couple of years I tried everything. Results with Bell Skin Disorders #60 were unbelievable. I have beautiful skin again. Thanks for giving back my self-esteem. Nelisa Royer, 28, Doral, FL **My mom bought Bell #60.** I was skeptical. It did work quickly and better than anything else. Christopher Seraphin, 14, Brooklyn, NY. **It worked.** I no longer have to hide at home, because I was ashamed to be seen. Agnes Casillas, 60, New York, NY **Can wear again dresses** that are backless. My skin looks fantastic. Thank you from the bottom of my heart. Yvette Maclean, 40, Lodi, CA **I was trying everything for years** and nothing worked. I felt physical and emotional pain having to hide. Finally I found your Bell #60. I'm so grateful and impressed about how fast it worked with amazing results. Eulalia Isabel Sanchez Martin, 30, Brampton, ON **Skeptics can call everybody. All are real people like you or your friends.**



#23

SNORING?

As recommended by Dr. Gifford-Jones M. D.

Here is proof that snoring can be corrupting your health and your marriage. Three out of 10 couples are considering divorce because of snoring says a major magazine article. You are not alone! An official survey says 48% of all people snore. 75% are affected, if you add non-snoring husbands that have snoring wives or vice versa. Snoring is caused by slack muscles in the throat. A common complaint is that people feel that they are not well rested in the morning. Many people wrote they are now sleeping like babies. Their partners are delighted. This natural health product Sound Sleep #23 usually helps the first night. No side effects.

College professor had lack of good sleeps with many interruptions for last 8 years that made her tired during the day. Within 3 days taking Bell Sound Sleep #23 the terrible snoring stopped. I wake up feeling refreshed and energized. I can concentrate in a focused, happy manner. I feel delighted with this natural product. Dr. Anele E. Heiges, 77, New York, NY

A life changing product. The very first night I took the capsules and every night after I had a restful and wonderful sleep. It has been a God send and blessing. I am by nature a skeptic. The money-back guarantee convinced me to try it. Jimmy Pay, 53, Gardendale, AC

3 Years on Bell Sound Sleep #23. My wife and I are entirely satisfied. Snoring episodes have completely disappeared. This has improved our lives enormously. Leo Fortin, 60, St-Georges, QC

Basically you saved my husband's life. For the last 5 years my husband had very bad nights. Bell #23 was nothing short of a miracle. I have my husband back. No more snoring. No more napping during the day. I am telling all our friends. Bonnie Johnson, 64, Wichita, KS

My life changed. Sleep now 7-8 hours. I am a retired college professor and author of books. I have no more need to nap during the day. Nothing I tried helped until I started Bell Sound Sleep. I am so delighted with this product I would like to make motivational speeches to help others. Carmen V. Caruso, 66, Ann Arbor, MI **On the Bell Website we list phone numbers or email addresses of actual users of this product and all other Bell products. Most are delighted to talk about their relief.**

www.BellLifestyle.com 1-800-333-7995

Bell uses the power of nature to help put life back into your lifestyle